

PARANORMAL UNDERGROUND®

Volume 13, Issue 5

May 2020

STEPHEN SAKELLARIOS
**A Compelling Case
for Reincarnation**

What Are
PARANORMAL IMPRINTS?

**THE
RAVEN MOCKER
CASE**

**INSIDE HAUNTED
ARUNDEL CASTLE**

*THE RACCOON MAN
of Sleepy Hollow*

REALITY
What Is It Exactly?

ALSO INSIDE:

'THE HAUNTING OF BLY MANOR' PREVIEW

PARANORMAL ENCOUNTERS: TWELVE HOURS IN RUGBY, TENNESSEE

ROSSENDALE 'LIGHTS-IN-THE-SKY' PHOTOGRAPH

CASE FILES: A RELATIONSHIP FROM BEYOND THE GRAVE

A tale of a young lady named Rae,
who has the unique ability to see between
worlds, and interact with the 'imaginary'...



Available at
amazon

TABLE OF CONTENTS

CASE FILES OF THE UNKNOWN

- 28 **Haunted Sites**
Arundel Castle: A History of Ghosts and Hauntings
- 30 **Are We Alone?**
Rossendale 'Lights-in-the-Sky' Photograph:
Old Photo and New Technology
- 34 **Cryptids & Mythological Creatures**
The Raccoon Man of Sleepy Hollow, New York

IN THE SPOTLIGHT

- 12 **Haunted Entertainment**
'The Haunting of Bly Manor' — Here's Everything We
Know About 'The Haunting of Hill House' Season 2
- 16 **Investigator Spotlight**
'In Another Life: Reincarnation in America'
Stephen Sakellarios' Compelling Case for Reincarnation

PARANORMAL INSIGHTS

- 24 **Special Report**
What Are Paranormal Imprints?
- 36 **Personal Experiences: Paranormal Encounters**
Twelve Hours in Rugby, Tennessee
- 42 **Personal Experiences: Ghost Hunter Case Files**
A Relationship From Beyond the Grave
- 44 **Metaphysics & Energy Healing**
Stripping Away the Layers: Living a Less Curated,
More Genuine Life
- 46 **Sage Goddess: Spiritual Tools & Teachings**
Why I'm So Exhausted Right Now
- 48 **The Shaman Windwalker**
The Raven Mocker Case
- 50 **Exploring Our Mysterious Universe**
Reality: What Exactly Is It?

DEPARTMENTS

- 4 **Contributors**
- 6 **Publisher's Letter**
- 7 **Coronavirus Resources**
- 8 **Paranormal News**



BOB FOUNTAIN

As an investigator and evidence analyst with Spectral Tech, Bob and the team help their clients find answers while helping to educate them about the paranormal in the process. As a special projects manager primarily involved in process engineering, and because documentation and analysis is paramount to serious investigations, Bob was drawn to take more than a passing interest and become actively involved in the study of different paranormal phenomena.

He has a bachelor's degree in applied organizational management and a bachelor's in metaphysical science from the University of Metaphysics. Bob is also an ordained minister/metaphysical practitioner with the International Metaphysical Ministry.

www.spectraltech.org



KAREN FRAZIER

Karen is a psychic medium and author and cohost of the podcasts *Intention Is Everything* and *Paranormal Underground Radio*. Her published paranormal books include *Higher Vibes Toolbox: Vibrational Healing for an Empowered Life*; *Dark of Night in the Light of Day: The Art of Interpreting Your Dreams*; and *Avalanche of Spirits: The Ghosts of Wellington*.

Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics and a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and a Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

www.authorkarenfrazier.com



WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.



RICK HALE

A native of Chicago, Illinois, Rick has had an interest in anomalous phenomena since having a positive encounter with an apparition at an early age.

He is the deputy editor of *Mysterious Phenomenon* for *Spooky Isles* and is the author of *The Geek's Guide to the Strange and Unusual: Poltergeists, Ghosts & Demons* and *Behold! Shocking True Tales of Terror ... And Some Other Spooky Stuff*. Rick also appeared in *Ghost Tapes 2* and several episodes of *Ghost Tapes The Series* found on YouTube.com.



ALICIA KING MARSHALL

Alicia is the author of *Healing: the Essential Guide to Helping Others Overcome Grief and Loss*. She speaks on grief and how to support those who are dealing with loss. She's also an award-winning songwriter, veteran game-show contestant, and history nerd who leads walking tours (including a ghost tour) for Franklin on Foot in Franklin, Tennessee.

www.dosanddontsofgrief.blogspot.com



CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Intention Is Everything* podcast, and producer of *Paranormal Underground Radio*. She has more than 25 years of experience as a professional writer and editor and has written thousands of articles on topics ranging from advanced technology to paranormal phenomena.

Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.

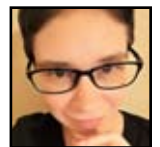
www.paranormalunderground.net



MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.



PHILIP MANTLE

Philip is a long-standing UFO researcher and author from the U.K. He was formerly the director of investigations for the British UFO Research Association and the MUFON representative for England. He is the founder of Flying Disk Press.

www.flyingdiskpress.blogspot.co.uk



KELLY MCCLURE

Kelly is a writer who lives in New Orleans. For the past 20 or so years she's written about music, film, TV, books, and paranormal news for a number of different places. Kelly's first anthology of short fiction efforts, *Terrible Stories*, was published by Budget Press in 2017, and she's nearly done with her first novel, which she hopes to finish before she dies.

www.kellymcclurewritestuff.com



ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of Sage-Goddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.

Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance. Her guiding philosophy is that those who develop and maintain a consistent and sustainable spiritual practice — one that aligns with their cultural values and spiritual beliefs — will enjoy a longer, healthier, and happier life.

www.sagegoddess.com



PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.

Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

www.cryptic916.com



MARY SUTHERLAND

Mary is an author and researcher who focuses on consciousness studies, ancient history, and unusual phenomena. She is a "hands-on" researcher whose Website (www.burlingtonnews.net) provides hundreds of pages of information on the paranormal, UFOs, ancient races and their cultures, sacred sites and power points of the world, underground tunnels and cave systems, dimensional worlds, metaphysics, etc.

The governor of Kentucky commissioned her as a "Kentucky Colonel" for her work on the ancient sites of Kentucky. Recently, she has been exploring, mapping, and documenting the ancient underwater structures of Rock Lake — near Aztalan. And for the past 14 years, she has been documenting ancient sites around Burlington, Wisconsin.

www.burlingtonnews.net



MARIA ANNA VAN DRIEL

Maria Anna is an investigative journalist, columnist, author, and theoretical physicist with a master's degree in ancient alchemy and bachelor's degree in metaphysics. Her interests include mythology, medieval and pre-Egyptian symbolism, and quantum, optical, particle, and astroparticle physics, among others.

As the founder and owner of *The Next Truth Magazine*, Maria Anna profiles open-minded scientists and non-scientists who combine accepted science and the still-unexplained events in life within their work and research.

www.nexttruth.com



CHAD WILSON

Freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

www.paranormalunderground.net ♦



Have You Had a Paranormal
Encounter You'd Like to Share?

Email paranormalunderground@live.com

PARANORMAL UNDERGROUND®

Volume 13, Issue 5 May 2020

www.ParanormalUnderground.net

EDITORIAL

PUBLISHER

Chad Wilson

EDITOR-IN-CHIEF

Cheryl Knight-Wilson

paranormalunderground@live.com

NEWS EDITOR

Morgan Lineberry

SCIENCE EDITOR

J.D. Harrison

CONTRIBUTORS

Bob Fountain

Karen Frazier

Willie Windwalker Gibson

Rick Hale

Philip Mantle

Alicia King Marshall

Kelly McClure

Athena Perrakis

Paul Dale Roberts

Mary Sutherland

Maria Anna van Driel

The views expressed and opinions given by our contributors do not necessarily reflect those of Paranormal Underground magazine's owners or advertisers.

Copyright © 2008-2020 — Paranormal Underground® is a registered trademark. All rights reserved. As such, Paranormal Underground and its contents are the property of its owners. All other trademarks are the property of their respective owners. This publication and all content within this publication may not be copied, quoted, distributed, modified, or reprinted without the express written consent of Paranormal Underground magazine.

The Impact of Emotions on Our Environment

The positive and negative emotions we release into our daily surroundings can leave a lasting impact on our environment, oftentimes long after we're gone. In essence, emotions can leave an "emotional echo."

What exactly do I mean? If you smile, laugh, love, be kind, etc., when you're at work, at home, or anywhere, that infuses those locations with happy, peaceful, and/or positive energy. And when you cry, yell, are depressed, are angry, etc., those negative emotions can become stuck in the space where you experienced them.

We all experience these emotions throughout our lives, as did those who lived before us. But what happens when you let too much negative energy build up in a location? It may feel like there is a "negative energy time bomb" just waiting to explode. Is there anything you can do about it? Yes! There are several methods you can use to help dispel negative energy and bring more peaceful and positive energy into any space.

How to Cleanse a Location

To cleanse a location, start by "setting intention" for the space. How do you want that space to feel — peaceful, happy, calm? Once you have determined the type of energy you want to foster in your space, state that intention out loud and/or write it down. Intent is extremely powerful, and by actively stating your intention, you can instantly set the energy of your space.

Repeat this exercise as often as you feel is necessary in the spaces you occupy. This will help keep the energy level exactly where you want it.

Another cleansing ritual is smudg-

ing. This practice uses the smoke from a plant or herb, such as sage, to clear negative energy from an area. And what you use to smudge a space is not restricted to sage — you can also use incense, such as nag champa, palo santo, and frankincense, among others.

Crystals are also a great tool to

use when cleansing negative energy vibrations. The most commonly used crystals for this practice include black obsidian, rose quartz, and amethyst, among others. When selecting a stone, pick one that resonates the most with you and the intentions you have for the stone.

These are just a few ways to cleanse a location. There are many other methods you can try.



Chad Wilson,
Publisher

The Benefits of Positive Energy

It's OK to be sad, angry, depressed, etc. Those are natural feelings that everyone experiences. But to remain in any of these emotional states for too long can dramatically damage your physical and mental health. In addition, it can shift the energy in your home (or any space) to become increasingly negative and dark.

If you need help dealing with long-term negative emotions, contact a friend, family member, your doctor, a therapist, or a trained life coach, who can advise you on ways to deal with difficult transitions or ease anxiety and fear.

The benefits of happiness and positive energy are numerous. And ensuring that you live and work in an environment that exudes "light, uplifting, positive" energy can dramatically affect your life for the better, as well as keep the environment positively charged for future generations. ♦



Because most paranormal events have been cancelled due to the COVID-19 pandemic (also known as the novel coronavirus), in place of our Calendar of Events this month, we are providing you with a list of coronavirus resources.

For information on the pandemic, you can visit the links below:

World Health Organization

www.who.int/emergencies/diseases/novel-coronavirus-2019

- How to Protect Yourself
- Country & Technical Guidance
- Your Questions Answered
- Travel Advice
- Situation Reports

Centers for Disease Control and Prevention

www.cdc.gov/coronavirus/2019-ncov

- How to Protect Yourself
- If You Think You Are Sick
- What You Need to Know
- Resources for the Community

Harvard Health Publishing: Harvard Medical School

www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center

- FAQs About Coronavirus and COVID-19

- Podcasts, including “How to Conquer Your Anxieties During the COVID-19 Outbreak”
- Questions and Answers

The White House/CDC/FEMA

www.coronavirus.gov

- How to Prepare and Protect Yourself
- What to Do if You Think You Are Sick
- What Are the Symptom?
- Who Is at Highest Risk?
- What Is Social Distancing?

U.S. Department of Labor

www.dol.gov/coronavirus

- Workplace Safety
- Wages, Hours, and Leave
- Unemployment Insurance
- Support for Dislocated Workers and States
- Job Corps Students
- And more work-related issues due to the coronavirus

National Institutes of Health

www.nih.gov/health-information/coronavirus

- Symptoms and Testing
- Prevent Getting Sick
- Daily Life and Coping
- If You Are Sick
- People Who Need Extra Precautions ♦

PARANORMAL UNDERGROUND®

Volume 13, Issue 5 May 2020

www.ParanormalUnderground.net

ADVERTISING

Interested in advertising in *Paranormal Underground* magazine?

Contact:

Cheryl Knight-Wilson
paranormalunderground@live.com

ART DIRECTION

ART DIRECTOR

Chad Wilson

DESIGN AND LAYOUT

Cheryl Knight-Wilson

ON THE COVER

Image source: Pixabay

SOCIAL MEDIA

Twitter

<http://twitter.com/ParanormalUG>

Facebook

www.facebook.com/ParanormalUnderground

Instagram

www.instagram.com/paranormal_underground

Tumblr

www.tumblr.com/blog/paranormalunderground

Pinterest

www.pinterest.com/paranormalug

MySpace

<https://myspace.com/paranormalunderground>

Send comments and letters to:
paranormalunderground@live.com

HAUNTED TOWN, FREAKY BEACH FINDS, AND A SKY SWEEP

BY MORGAN LINEBERRY

THE HAUNTED TOWN OF MERRILL, MICHIGAN

This town in Michigan is a true terror, according to *Unexplained Mysteries*. Merrill, Michigan, with a small population of 775, “has been under siege by a relentless onslaught of paranormal incidents and strange phenomena” since the 1970s.

Apparently, residents continually leave the town due to paranormal events. “One family, who left the town in 1974, recalled being forced to move after enduring six months of unexplained banging sounds and spontaneous fires, which left them terrified.”

Another family that currently lives in Merrill has experienced unexplained cold spots, banging sounds, strange scratch marks, and sightings of a shadow person. With so much paranormal activity going on, this could be an interesting destination for paranormal investigators.



MAN FINDS STRANGE ITEM AT FLORIDA BEACH

This story from *News4-Jax* proves that you are not safe from terrifying discoveries no matter where you are, including the beach, as Florida beachgoer Bruce Robertson recently found out. Robertson recently spotted what he thought was a voodoo doll.

The horrific little doll was made from coconut shells, snakeskin, feathers and human teeth. Initially scared of the doll, Robertson did some research and “now believes the item represented an African



spider god known as Anansi.” Unfortunately, he tossed the doll back in the ocean.

STRANGE CREATURE FOUND ON BEACH IN MEXICO

Speaking of strange beach finds, Kelly-Ann Mills of *mirror.co.uk* brings us a story of a strange beast found on Mexico’s Pacific coast. The creature had a “dolphin-like head, sharp fanged teeth, and a long snake-like tail.”



Stranger still, the animal did not have eyes, leading some to wonder if it came from deep in the Pacific Ocean, where sea creatures don’t need eyes because light can’t penetrate that deep in the ocean.

MYSTERY SKELETON FOUND ON SCOTTISH BEACH

Here’s another beach story that’s just as strange. “A gigantic ‘skeleton’ was found washed up on a Scottish beach during Storm Ciara,” according to Tom Davidson of *mirror.co.uk*.

The strange find looks like something prehistoric and some believe it to be “the remains of the mythical Loch Ness Monster – despite the notorious body of water being roughly 120 miles away.” Other people are saying that it is

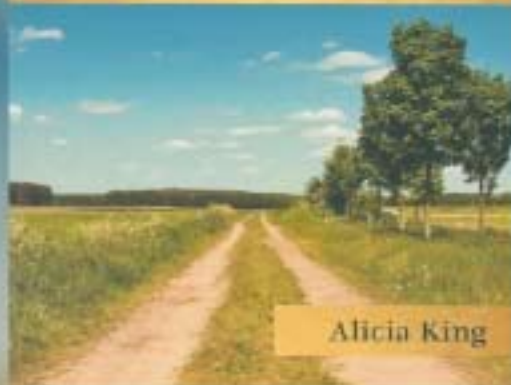


"... I am obsessed! It is exactly what everyone needs! [Alicia King] hits every point."

— Emily Hoffman, author of *A Blessing of Interspace Memories*

Healing

The Essential Guide to Helping
Others Overcome Grief & Loss



Alicia King

Whether you are reaching out to someone who is grieving, or you are the one dealing with the death of someone you loved, this book is for you.

Available wherever books are sold.



THE EVERYTHING PARANORMAL SHOW

EVERY THURSDAY
9 PM EASTERN

LIVE ON YOUTUBE

THE SHOW YOU CAN PARTICIPATE IN



just a whale or orca, but looking at the photos makes me think it is something else. It would be interesting to DNA test this creature and see what we can find out.

LOST CIVILIZATION FOUND IN TURKEY

Harry Cockburn of independent.co.uk brings us news of “a mysterious ‘lost kingdom’ dating to between 900–600BC ... in Turkey.” It was uncovered recently by archaeologists.

This is a historical find for the record books and could tell us about a society that we never knew existed. “Hieroglyphs etched in stone suggest the rulers of the civilization may have conquered the kingdom ruled by King Midas, the legendary ancient ruler said to have a golden touch.”



SKY SWEEP: SEARCHING FOR ALIENS

Perhaps there will be another civilization discovered soon. Jeremy Culley of mirror.co.uk tells us that “the entire sky is to be scoured for signs of extraterrestrial or alien activity for the first time ever” using 28 giant radio telescopes.



The SETI Institute will use telescopes at the Very Large Array observatory in New Mexico.

Even though the evidence for the existence of extraterrestrial life is overwhelming, astronomers are taking this extra search measure. After the scan, “all data will be fed through a dedicated supercomputer that will search for beeps, squawks or other signatures of distant technology.” This will, hopefully, pick up any signs of intelligent or active life that exists within searching distance of our technology. The real question is, if they find something, will the public be told about it?

MAJOR SPACE DISCOVERY

According to Andrew Griffin of the *Independent*, “molecular oxygen [was] spotted in another galaxy for the first ever time.” The discovery is in a gal-

axy called Markarian 231, which is 560 million light years from Earth.

Before the discovery, the lack of an oxygen-based planet has been the primary argument against the existence of extraterrestrial life. Does this new discovery “of the first-ever detection of breathable oxygen outside of our galaxy” mean there is hope for intelligent life elsewhere? Possibly.

But “the swirl of gases present in the atmosphere does not have the same makeup as it does on Earth,” meaning that if there is life, it will most likely be different than our own.



VOICES FROM THE WALLS

At what point do you move out of your home if you think it’s haunted? This story, which appeared on *Unexplained Mysteries*, would be enough for me, but not for the Illinois family who has been dealing with it for six years!

Over this period they have “been plagued by what sound like radio broadcasts coming from their walls at night.” Although no reasonable answer has been found, the homeowner called the police to report the problem. When an officer arrived at the house, he could also hear voices and music. A possible explanation is that the building’s metal structure may be picking up radio broadcasts, but so far an explanation eludes investigators.



CREEPY DOOR IN WALLS

What would you do if you made a creepy discovery inside your home? According to Courtney Pochin of mirror.co.uk, one mother is being urged to move out of her home because of a photo she shared showing a small door in her daughter’s bedroom.

“The door leads into the roof of the level below,” seemingly inexplicably. The mother turned to social media for answers about how to “cover it up or make it look nicer.” Of the responses, many urged her to move out immediately, stating that “they thought the door sounded like something straight out of a horror movie.” I cannot say that I disagree. There is no way I could sleep in that house! ♦





Chuck Gotski
The Innervoicehealer
Healing the True Connection from Within

FIND YOUR TRUE INNER SPIRITUAL VOICE!

- Are you looking to be the *TRUE YOU*?
- Are you ready to learn how to take on life's challenges with a *HEALTHY* and *HAPPY* new perspective?
- Are you looking to *HEAL* through the use of *REIKI* or *MEDITATION*?
- Maybe you'd just like to *DIVE DEEPER* into your *LIFE'S PATH* through *TAROT*?



IF YOU'RE READY TO START YOUR JOURNEY, VISIT
CHUCKGOTSKITheINNERVOICEHEALER.COM

I can't wait to connect!

Rick Hale

BEHOLD!
SHOCKING TRUE TALES OF
TERROR



BEHOLD! SHOCKING TRUE TALES OF TERROR

... AND SOME OTHER SPOOKY STUFF

By Rick Hale

Available Now
on Amazon.com

‘THE HAUNTING OF BLY MANOR’

HERE’S EVERYTHING WE KNOW ABOUT ‘THE HAUNTING OF HILL HOUSE’ SEASON 2

BY KELLY MCCLURE, THE LINEUP



Photo: Amblin Entertainment

Shirley Jackson’s 1959 Gothic horror book *The Haunting of Hill House* centers on four seekers who venture into a thoroughly haunted old home known as Hill House. For many, reading Jackson’s horror book is a rite of passage, one that opens the door to haunting new worlds.

In 2018, when it was announced that Mike Flanagan (*Oculus*, *Hush*, *Gerald’s Game*, *Doctor Sleep*) would adapt the novel into a Netflix original series, horror fans held their breath. Could Flanagan capture the elegant, eerie tension of the source material?

Well, he did. *The Haunting of Hill House* was one of the scariest TV shows of 2018, conjuring a wide array of nightmares, from Nell and the Bent-Neck Lady and Luke and the Floating Man to the mind-bending terror of

the Red Room and the many Easter egg specters lurking in the background of each episode. This year, Flanagan will release the series’ second season, delivering a whole new round of scares. *The Haunting of Bly Manor*, set to hit Netflix sometime in 2020, is based loosely on Henry James’ 1898 novella, *The Turn of the Screw*.

We’re certainly looking forward to it. But what can horror fans expect of the upcoming season? Here’s everything we know (so far) about *The Haunting of Hill House* season 2, *The Haunting of Bly Manor*.

Will ‘The Haunting of Bly Manor’ Include the Crain Family?

The original 10 episodes of *The Haunting of Hill House* follow the Crain family and how the paranormal



activity they experienced at Hill House still traumatizes them years later. In *The Haunting of Hill House* season 2, *The Haunting of Bly Manor*, the story is completely different. Therefore, the Crain family narrative is over.

Based on Henry James' *The Turn of the Screw*, the new season will follow the story of an unnamed narrator who listens as his friend Douglas reads a manuscript written by a deceased former governess. The manuscript in question tells the governess's story of how she came to be put in charge of the care of two children in a country house called Bly.

Who's in the 'Haunting of Bly Manor'?

Similar to the way in which Ryan Murphy uses the same performers across the many seasons of *American Horror Story*, we think that *The Haunting of Bly Manor* will feature some, though not all, of the actors from *The Haunting of Hill House*. That said, they'll be playing entirely new roles.

In an interview with *The Hollywood Reporter*, Carla Gugino, who played matriarch Olivia Crain in *The Haunting of Hill House*, mentioned that Mike Flanagan expressed interest "in the notion of an anthology, where some actors come back to play different characters. I think he feels like he has told the complete story of the Crain family. But if I was invited and I was able to, I would really love to, just because I do love to collaborate with him."

Indeed, Gugino also starred in Flanagan's Stephen King adaptation, *Gerald's Game*. So far, Gugino has not

been announced as having a role in the new series, but nearly everyone else from the original core cast has.

The Wikipedia page for *The Haunting of Bly Manor* lists these actors from *The Haunting of Hill House*: Henry Thomas (Hugh Crain), Victoria Pedretti (Nell Crain), Oliver Jackson-Cohen (Luke Crain), Kate Siegel (Theo Crain), and Catherine Parker (Poppy Hill, a ghost in *The Haunting of Hill House*) as returning cast members. Pedretti is said to fill the role of the governess, which we can't wait to see.

Joining them are Amelia Smith and Benjamin Ainsworth as the children looked after by the governess, alongside T'Nia Miller, Rahul Kohli, and Amelia Eve.

James' 'The Turn of the Screw' Is Only Half the Creepy Story in 'The Haunting of Bly Manor'

Although the bulk of the plot of *The Haunting of Bly Manor* mirrors Henry James' *The Turn of the Screw*, it's not the only storyline viewers will follow. In an interview with *Games Radar*, director Mike Flanagan says, "The thing I have access to, that no other adaptation of *The Turn of the Screw* has, is the rest of Henry James' ghost stories. I get to use all of them ... *The Turn of the Screw* is only one of a dozen stories that we're telling. All Henry James; all thematically linked."

A couple of James' other stories that we can expect to see worked into season two include *The Jolly Corner* and *The Romance of Certain Old Clothes*, according to the interview.

The finale of *The Haunting of Hill House* tied





Photo: Screenrant

together all of its narrative threads — for some critics, in fact, the ending was too neat and tidy. Viewers of *The Haunting of Bly Manor*, by contrast, will likely be left with something to puzzle over for quite some time once the credits roll — that is, if the show sticks close to its source material, *The Turn of the Screw*.

Since its release in 1898, readers have debated over the novella's ambiguous ending. If you wanna lose about eight hours falling down an internet hole, there are plenty of active forums out there that dissect this particular issue. Pick a side, and dive in, but beware of spoilers.

Will There Be Any Winks to the Crain Family in 'The Haunting of Bly Manor'?

Hoping for shared universe-style construction that unites *The Haunting of Hill House* with *The Haunting of Bly Manor*? You may be disappointed. In an interview with *Screenrant*, Mike Flanagan revealed that he briefly considered ending the first season with a cliffhanger, but decided it would be a better ending if everything wrapped up nice and tidy.

In a different interview with *Entertainment Weekly*, Flanagan said, "As far as I've ever been concerned with this, the story of the Crain family is told. It's done. I think that there are all sorts of different directions we could go in, with the house or with something completely different. I love the idea of an anthology as well. But to me, I felt like the Crains have been through enough, and we

left them exactly as we all wanted to remember them."

Where Was 'The Haunting of Bly Manor' Filmed?

For *The Haunting of Hill House*, location scouters landed on LaGrange, Georgia, for the exterior shots of Hill House, according to IMDB. For *The Haunting of Bly Manor*, filming took place primarily in Vancouver.

Is There a Release Date for 'The Haunting of Bly Manor'?

Alas, no date has been set thus far. That said, progress is being made! On February 21, 2020, director Mike Flanagan announced on Twitter that filming for the second season had officially wrapped: "That's a wrap on *The Haunting of Bly Manor*. Congratulations to the cast and crew, the familiar faces and the new, and congratulations to the filmmakers who came on board to make this season their own," Flanagan wrote.

By all accounts, *The Haunting of Bly Manor* will hit Netflix sometime in 2020. All 10 episodes of *The Haunting of Hill House* hit the streaming platform in October 2018. Are we in store for another Halloween surprise? Or will the second season appear before our eyes during the high heat of summer?

'The Haunting of Bly Manor': What Are People Saying?

Given *The Haunting of Bly Manor* won't hit Netflix until later in the year, reviews of the show are not readily available. However, Oliver Jackson-Cohen, who played Luke Hill in *The Haunting of Hill House* and will return in *The Haunting of Bly Manor* as a different character, offered this tantalizing tidbit in a recent interview with *Collider*:

"[Filming *The Haunting of Bly Manor*] was very, very weird to start off with. It was strange because how do you kind of take a show that was that well received and that loved, how do you do a second version of it? And [Flanagan's] sort of surpassed it. It's quite amazing what he's done with Bly."

A second season that surpasses the accomplishments of *The Haunting of Hill House*? We're waiting with bated breath. Until then, horror fans ...

The Haunting of Bly Manor is scheduled to hit Netflix in 2020. ♦



**When was the last time
opening your mailbox gave
you the chills?**

Get \$5 off your subscription with code
PARANORMAL5 at **creepycrate.store**

CREEPY CRATE
BY THE LINEUP

'IN ANOTHER LIFE: REINCARNATION IN AMERICA'

STEPHEN SAKELLARIOS' COMPELLING CASE FOR REINCARNATION

BY CHERYL KNIGHT

As a teenager, Stephen Sakellarios began studying reincarnation alongside Eastern mysticism. His vast research over the years led him to uncovering compelling evidence supporting the theory that humans do reincarnate.

In 1997, Stephen set out to film a documentary about reincarnation. And by 2003, the film, titled *In Another Life: Reincarnation in America*, was released. During his preparation for the documentary, Stephen studied the most strongly verified reincarnation cases in the world, but one of the most compelling cases he uncovered came after the release of the documentary — he discovered one of his own past lives.

Stephen spoke to *Paranormal Underground* magazine about his research into the reincarnation phenomenon, his own discovery of a past life, and insights from his documentary.

* * * * *

Q: Please tell us a little about yourself, both personally and professionally.

Stephen: I began studying Eastern mysticism around age 19, in 1973, by reading the scriptures of the world religions with the assumption that at the esoteric level, they were talking about the same reality and the same experience. I also studied the teachings of certain spiritual masters, primarily Sri Ramakrishna (and his disciples), Rumi, and Meher Baba. I became a follower of Meher Baba in 1974.

My first study of Western paranormal subjects came in college in 1980/81, when I taught a non-credit course in death and dying and invited a near-death experimenter to speak to the class. In 1997, I began work on an independent documentary on reincarnation, entitled *In Another Life: Reincarnation in America*, completing it in 2003. In the course of researching that film, I had the opportunity



Stephen Sakellarios has studied the world's strongest reincarnation cases and has researched his own compelling case of rebirth.

to study the most rigorously researched and most strongly proven reincarnation cases and to learn the methods used to validate them.

In 2005, I stumbled upon a possible past life of my own, 19th-century author Mathew Franklin Whittier. In 2009, I began researching that case in earnest, applying the methods that I'd learned while producing my documentary. Roughly 11 years later, I am still discovering new evidence, but I feel the case is as solidly confirmed as any I am aware of.

I have a master's degree in counseling, which I have

never used professionally. I have had careers in typesetting and video production. Although I was able to reach a considerable number of people over the years through my documentary, Website, and other means, I remain obscure, and my work is largely marginalized or ignored by the public, academia, and even other lay researchers in the reincarnation studies and afterlife studies field.

Q: When and why did you first begin researching spiritual subjects?

Stephen: I was raised in an atheistic household, though I always felt spiritual and mystical yearnings. I tried to develop my own comprehensive system of philosophy in high school and worked myself into such a mental pretzel that I finally threw it all out and began investigating mysticism.

My first book was *Pillars of Zen*, and I did zazen meditation privately for some time. But I got sidetracked into drugs until I had a “bad trip” on LSD at a Grateful Dead concert on the Fourth of July in 1974. I was already skeptical that drug experience was really a type of genuine mystical experience, and at that point I gave up drugs for good.

One of the first books that profoundly impressed me was the *Bhagavad Gita*, in which reincarnation is emphasized, and I don’t recall feeling any resistance to the idea.

Q: What led you to focus your research on reincarnation?

Stephen: When I launched my video production business in 1997, I wanted to have a personal, creative project running parallel with it so my creative energies wouldn’t be submerged in my entrepreneurial efforts. I literally woke up one morning knowing that the film would be about reincarnation.

Q: In your view, based on your research, what is reincarnation?

Stephen: Reincarnation is simply that part of the life-cycle that concerns the soul and consciousness reentering a body. First, one has to understand that man is essentially a spiritual being. And then one can begin to understand the cycle itself. So long as man is defined as a physical body, the cycle can’t be understood properly.

Q: Why do we reincarnate? Why don’t we just stay in Heaven or the afterlife realm after our bodies die?

Stephen: Here, of course, I am only qualified to summarize what I’ve read. According to my Guru, the purpose of



To understand reincarnation is to understand that “man is essentially a spiritual being,” according to Stephen.

life is to realize God as one’s true Self. Therefore, there are three long processes that must occur.

First is evolution, in which the soul gradually obtains a human body by reincarnating through the mineral, vegetable, and animal kingdoms. Achieving reincarnation into a human form coincides with attaining full consciousness. However, that consciousness is conditioned, or “filtered,” by the “sanskaras,” or mental impressions, gathered through the evolution process; and they go on gathering through the process of reincarnating as a human being.

However, the logic of experience of the opposites, through millions of incarnations, eventually drives one to seek Truth, or God, to realize one’s true Self. When one makes the determination to enter on that path Home, this is the third stage, which Meher Baba calls “involution.” In this process, the veiling sanskaras gradually become thinned out, revealing the true Self, until, with full consciousness retained, only that Self remains.

Despite what is taught by Spiritualism and other groups, it is not possible to advance “upwards” to God-Realization or Self-Realization through the levels of the astral world without reincarnating, because the sanskaras have to exactly balance out — and this cannot be done without physically reincarnating. Thus, it is possible to remain in the astral realm for very long periods of time. But, eventually, one must return for further experience and the opportunity to make one’s best decisions, which can only occur in the physical realm.



"The only materialistic defense against reincarnation is to ignore it; and if it can't be ignored, to ridicule it," Stephen said.

Q: You released an independent documentary in 2003, titled *In Another Life: Reincarnation in America*. It's a compelling look at reincarnation that is both well done and intriguing. Tell us about the documentary.

Stephen: I produced that film on a shoestring budget, having only a total of \$1,300 over a five-year period — \$350 of which went to paying for one interview. I had my own video equipment, though it was low-end gear. Either I traded out for services or they were donated, including artwork, actors, narration, my animated company logo (though not the music), and location permissions. I did the editing myself, including all the rest of the somewhat basic animation.

I was constantly struggling to get permission to film — as soon as someone learned that the topic was reincarnation, they would refuse to write back or call back. I was negotiating with Dr. Ian Stevenson for an interview, but he backed out, presumably because he didn't want to be featured in a film with some of the other subjects. In this case, as a workaround, I was able to interview Tom Shroder, an editor, at that time, for *The Washington Post*, who had traveled with Dr. Stevenson.

There were numerous other such difficulties to overcome. However, I had some luck as well. When the woman who closes the program, named Donna, said, "There's two realities going on; it's like which reality do you buy?" I got chills and knew immediately that that was how I was going to end the film.

Q: You met with some strong opposition when pitching the documentary to local PBS stations across the country in 2003, including some station producers saying they chose not to air it because they didn't believe in reincarnation or they "don't air pseudoscience." Why do you think there was so much opposition at the time?

Stephen: I might have given a different answer at the time, but as I look back on it, I think there has been a deliberate and concentrated disinformation campaign against all paranormal topics, including reincarnation, for many years. Reincarnation flies in the face of two very strong social currents: traditional Christianity and philosophical Materialism. If reincarnation is proven to be true and is accepted as such by the general population, both of these "currents" are severely disrupted — in fact, they are both destroyed.

It is frightening to have one's deep conceptual underpinnings yanked out from under one, and such a threat automatically launches the primitive "fight-or-flight" reaction, which can commandeer even the most intelligent rational mind. Christianity could survive reincarnation, but it would have to go back to its original roots (Meher Baba said "Jesus taught Vedanta").

On the other hand, proof of reincarnation is the death-knell for philosophical Materialism. Notwithstanding, Materialists have been attempting to do "damage control" by appealing to things like genetics, brain chemistry, or quantum physics, especially regarding phenomena like remote viewing and ESP. In particular, the attempts to explain near-death experiences through the materialistic paradigm are laughable, which is to say, illogical.

If a person accurately reports a serial number on top of a cabinet or accurately reports what they have seen during their NDE even though they are congenitally blind, brain chemistry is irrelevant. But reincarnation will be even tougher to explain away. The only materialistic defense against reincarnation is to ignore it; and if it can't be ignored, to ridicule it — that, and to spread disinformation, as well as attempting to block it from mainstream media.

What's changed since I was shopping this film around, individually, to all the PBS stations is that mediumship has been experienced — in person or vicariously through media — by vast numbers of people. The mediums, also, are teaching this same truth, that man is a spiritual being having a physical experience.

Unfortunately, people coming from a Spiritualist

background are slow to embrace reincarnation, because traditionally, Spiritualism was an offshoot of traditional Christianity. Such people could accept mediumship with the assumption that there is only one lifetime, and then souls progress upwards in the astral plane from then on. But they would cut reincarnation out of the picture.

Today, most prominent mediums will affirm reincarnation, but they do so quietly, briefly, and almost apologetically.

Q: Do you think more people are open to the concept of reincarnation today?

Stephen: For many years, the polls have told us that roughly 21%, or in some polls as high as 24%, in America “believe in reincarnation.” However, the reactions I got when I was producing my film suggested that it’s much, much lower. I think there is a difference between casually believing something and being deeply convinced of it.

It is the shallow version of belief that registers in the polls — but when actually confronted with reincarnation as a provable fact, these same people get scared and balk. The better question — which the polls don’t ask because poll-makers, themselves, don’t believe it’s real and see it only as a *belief* — would be to ask: “Have you had direct experience of reincarnation,” or, “Have you had indirect experience of reincarnation?” One could then break it down further, and I think one would get responses concerning déjà vu, children speaking of a past life, past-life flashbacks, experiences in past-life regression, and even objective validation of past-life memories.

As to whether more people are open to the concept of reincarnation, I think the more important question is whether more people are open to the phenomenon of reincarnation. This was the conceptual basis of my documentary. I was not investigating how people were encountering a belief or an idea. I was investigating how people were encountering a reality. People may believe themselves to be open to all sorts of things, but that doesn’t mean, when push comes to shove, they really believe it, or even that they really care whether it’s real or not.

Q: Jeffrey Keene, a firefighter who remembered his past life as Civil War General John B. Gordon, is one of the most compelling cases of reincarnation that I’ve heard about. What are some of the most compelling cases of reincarnation that you’ve uncovered during your research?



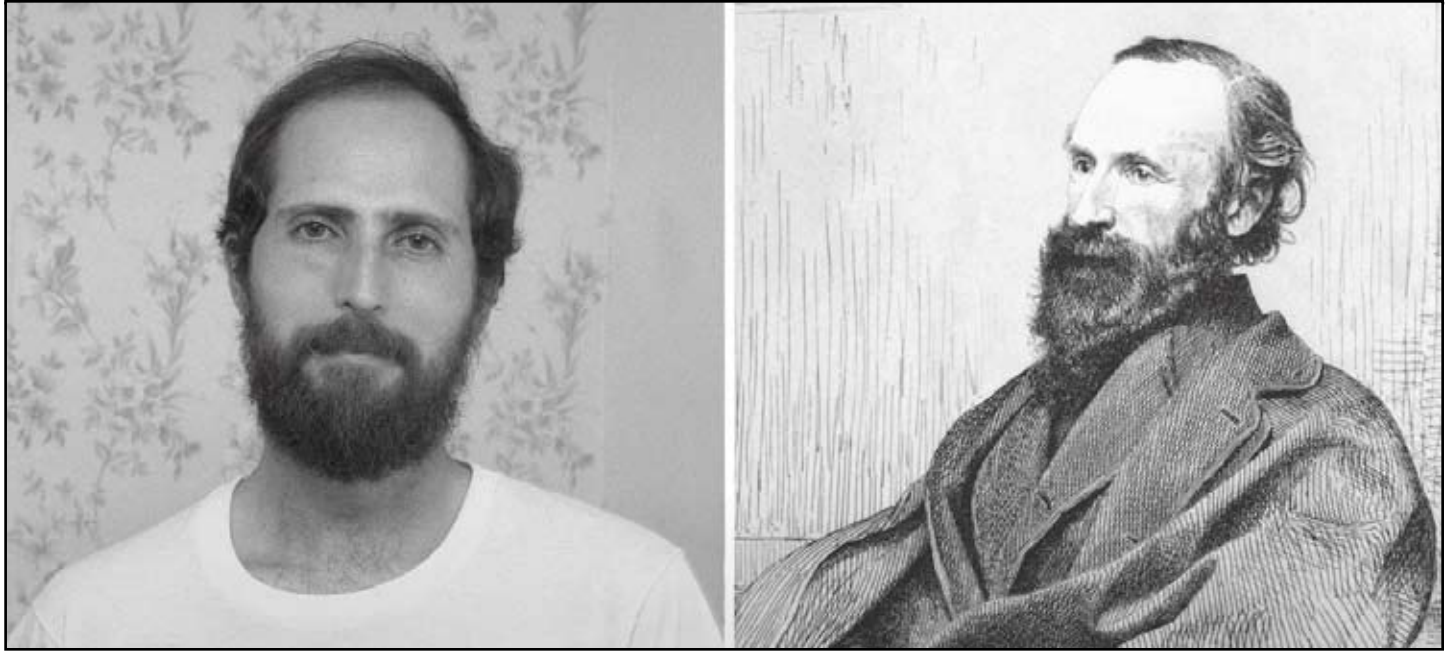
One of the most compelling cases of reincarnation is that of firefighter Jeffrey Keene (pictured above, left), who remembered his past life as Civil War General John B. Gordon (above, right).

Stephen: I learned of perhaps eight or 10 exceptionally strong cases documented by researchers, past-life therapists, or by the experiencer, him- or herself, while I was researching for my documentary. Most of these were well-known in reincarnation studies circles, as for example Shanti Devi, Jenny Cockell, and the children studied by Dr. Ian Stevenson and colleagues.

As for cases I discovered myself in the course of producing my program, these include Jeff Keene. I was the first person he contacted, and I was the first to film him, to interview him, and to place information about him on my Website (including his impressive past-and-present-life comparison picture). A producer from Actuality Productions contacted me from California, asking me for cases, and I suggested she look through my Website. She did and asked for Jeff Keene’s contact information.

Work on my documentary was bogged down — I didn’t know how long it would take to complete the film. Meanwhile, this was a chance both for Jeff, personally, and also for the cause of educating the public to get him on national television, because their show was going to air on Arts & Entertainment. I gave the producer the contact information, and they “scooped” me by several years; but I was glad to get the information out there. They even purchased some of my footage, and a credit appears at the end of that program.

One of the people I’d interviewed about past-life therapy was Linda Adler, who had been a student of Brian Weiss. I asked her if she knew of any good proof cases, and she put me in touch with Capt. Robert Snow,



During his research into reincarnation, Stephen (pictured above, left) discovered one of his own past-life identities — 19th-century author, activist, and mystic Mathew Franklin Whittier (above, right), the younger brother of poet John Greenleaf Whittier.

who was head of homicide investigation for the City of Indianapolis. He had an extremely strong case — but without funding, I couldn't afford to fly to Indianapolis to film him. I was only able to conduct a phone interview — one of the first, or perhaps even the first — which I posted on my Website. Subsequently, both he and Jeff Keene were featured on a number of nationally broadcast programs.

In Carol Bowman's online forum, I met a woman named Angela Grubbs, who happened to live in the same city I did, Atlanta, Georgia. She also had a strong proof case, and being a research attorney by profession, her methods were as rigorous as Capt. Snow's. I did film an interview with her, but this was after my documentary had already been completed, so her case isn't featured in it. I streamed that interview from my Website.

Q: Why is it important for Western society to embrace the concept of reincarnation? What type of paradigm shift or "awakening" would occur if reincarnation could be proven?

Stephen: For many years, I believed that society would be transformed, such that consumerism and commercialism would be greatly reduced and people would generally begin seeking spiritual truths. But one only has to look to Eastern countries, where reincarnation is accepted, to see that it is hardly a panacea.

I strongly suspect that even in countries like India, where Hinduism predominates, only a percentage of the people really believe in reincarnation and understand it. The rest go along with it on the surface. Or, they believe

it, but they hold distorted views and they don't understand it in depth.

I feel, now, that reincarnation is a "necessary but not sufficient condition" of the general spiritual awakening. Given a real spiritual resurgence, a correct (and deep) understanding of reincarnation will have to come in, but without that resurgence, the concept will simply be cheapened, or conveniently distorted, or merely given lip service.

So the deep spiritual awakening must be there, and then reincarnation will naturally be accepted. Society's adamant resistance to reincarnation is like a cork in a wine bottle. It must be removed to drink the wine, but one must be old enough to drink wine.

Q: During your research into reincarnation, you discovered one of your own past-life identities — 19th-century author, activist, and mystic Mathew Franklin Whittier, who was the younger brother of poet John Greenleaf Whittier. How did your research lead you to this amazing discovery?

Stephen: It turned out to be amazing in several respects, far more than I ever anticipated. Many years earlier, I had had a psychic reading by a woman in Atlanta named Patricia Kobleur. She told me I had been a female writer on the West Coast, probably in the 1930s, and that I had some success publishing serials. I would occasionally get on the Internet and search for names that seemed familiar.

One day, I ran across a name I did recognize, that of Sarah Orne Jewett. I got onto the Sarah Orne Jewett Text Project Website, and although I didn't think I had

been her, something seemed very familiar about it. Jewett lived in the mid-to-late 19th century, in Boston — not on the West Coast in the 1930s.

Still, after a month or so I e-mailed Jeff Keene and sent him the link to that Website, because I had witnessed intensified synchronicity around Jeff and I thought he might be able to help me understand what was going on. About a half-hour later, he e-mailed me back with a link to an internal page in that Website, which contained a three-quarter profile engraving of Mathew Franklin Whittier. He said he had felt drawn directly to it. The only information given was that he was brother of poet John Greenleaf Whittier, that he was an author, and his birth and death dates.

When I looked into the eyes of that portrait, I immediately felt that I was looking at myself. This was in mid-2005; I obtained some historical information very soon afterwards, but I didn't begin seriously researching the case until 2009.

Q: How did hypnotic regression and psychic readings help with your own past-life revelations?

Stephen: The primary purpose of the hypnotic regressions was to access past-life memories that could then be validated in the deep historical record — things buried so deeply in history that I couldn't possibly have encountered them before.

The purpose of the psychic readings, however, was to contact my past-life wife and soul mate, Abby Poyen, who I felt had been trying to contact me. In the course of those two readings, the psychic mediums did make a number of statements that were later validated against the deep historical record, including, in the second reading, Mathew's first name. Not only that, but the name was tied to a small town that I knew nothing of at the time.

Later, I was able to prove that Mathew and Abby had, in fact, lived there briefly. It simply means that Abby was pairing the name "Mathew" with something only she would have known and which the psychic couldn't possibly have gotten from my own subconscious through ESP.

I was able to verify eight or 10 of each medium's statements; and in some cases, they made the same or similar statements. For example, both emphasized that Mathew and Abby were ahead of their time; and the second medium mentioned Abby's high intelligence four times. These characterizations were proven to be correct many times over in the deep historical record. When I say "deep historical record," I mean that very little was actually known about Mathew in the readily available history; and much of



During Stephen's research into his own past-life case, he used both hypnotic regression and psychic readings to further his research.

what was written about him turned out to be wrong. Where I felt strong disagreement with the known history, about Mathew, it invariably turned out that I was right.

Q: You have chronicled your personal past-life discovery in several e-books, including *Mathew Franklin Whittier in His Own Words*. Tell us about your books.

Stephen: I began formally researching the case in 2009, and in two years' time, I thought I had unearthed all the information there was about Mathew Franklin Whittier. Thus, in 2012, I published my first e-book, *Mathew Franklin Whittier in His Own Words* (meaning that whatever I said, in that book, it was "in his own words," because I am his reincarnation). However, one discovery led to another, and a vast treasure trove of information — mostly in the form of Mathew's anonymously published works — began to surface.

For many years, I literally revised that e-book on a daily basis, or even more than once in a single day. Since it hardly ever sold (maybe once or twice per year), and since I never knew when I might get to the bottom of all the new discoveries, I decided not to pull the book off the digital shelves, but simply to keep on revising it and re-posting it, like updating software. Admittedly, this was an absurd publishing practice, but I simply had no idea how much information I was going to ultimately discover.

In 2018, when I moved to Portland, Maine, where Mathew had lived for 21 years, I wanted to write a sequel documenting my subjective reactions to being physically

confronted with places that Mathew had, himself, known. But here again, I began uncovering more and more information, including his anonymously published works. The first book comes in, with the Appendix, a collection of Mathew's stories and a great many images, at 2,285 pages; while the sequel, *Mathew Franklin Whittier in his Own World*, is currently at 668 pages.

My intention in both books was to have complete transparency in describing my research process so people of the future — those who might become interested after I've passed on — could see exactly what I knew when, compared with what I discovered when. That way, they could come to their own conclusions. In other words, I wanted to show the good, the bad, and the ugly in my research process, not hiding anything — whether I was wrong or whether I accurately remembered or intuited something from this past life.

I have also written a few supporting books, including a book of Mathew and Abby's poetry; a novel about their relationship, based on all the clues that Mathew embedded in his various works; a book of Mathew's humorous stories about deacons, ministers, and country churches (a favorite topic); and a book about my current relationship with Abby. All of these are e-books.

I also wrote a 200-page print book entitled *Reincarnation Can Be Proven*, summarizing the highlights of my research. The two primary e-books contain fascinating detective work and amazing discoveries, but no one has taken the time to immerse themselves in these books, which is what would be required both to understand the case fully and to enjoy them properly.

Q: What else should our readers know about you and your research?

Stephen: I think I have added another strongly verified reincarnation case to the list of best cases. But I was also able to prove some remarkable things about this unknown figure, Mathew Franklin Whittier, and also about his soul mate, Abby Poyen. They were both literary child prodigies. Mathew began publishing in 1825, at age 12, and continued for the next 50 years. He was a literary genius, but he kept himself very much hidden, publishing under hundreds of different pseudonyms.

The one series he is historically known for, a character like Archie Bunker named "Ethan Spike," happens to be the only one for which he was exposed as the author. Had he not been exposed against his will in 1857, we wouldn't even know about that one. I have been able

to identify roughly 2,300 of Mathew's published works, including a number of books, as well as a representative sample of Abby's poems and short stories.

Much of Mathew and Abby's best work was plagiarized or claimed for other writers by rumor or by scholars in posterity. But some of these authors were, and still are famous. I can all but prove that Mathew and Abby were

the original authors of *A Christmas Carol*; I can flat-out prove that Mathew was the real author of the poem *The Raven*; that he was the real author of the star-signed reviews that scholars claim for Margaret Fuller; and that he was the real author of three poems published by the future Elizabeth Barrett Browning,

including one that helped launch her fame, *Lady Geraldine's Courtship*.

When I honestly report these research results, people understandably assume I'm crazy. What's amazing is that even though I have the evidence, these things are so difficult to believe — because of social conditioning — that people (including scholars) still can't take me seriously. They either won't be bothered to look at the evidence, or if they do, they go into denial and explain it away irrationally.

The other exceptional thing that came out of this research is that I was, in fact, able to reestablish my relationship with Abby, who has remained in the astral world. For the past 10 years, we have had a spirit marriage. I can prove this, as well, but I refuse to do so for the curious. This part of my life is off limits to skeptics for obvious reasons. But I made quite sure it was real before I emotionally invested in this relationship.

Abby hasn't often provided objective proof of her existence, but — especially early-on — she did so enough that if I was being rational, I would have to admit that it was real. Beyond that, it's a matter of my own sincerity and integrity. Abby and I are soul mates who go back, as I gather, a great many lifetimes. She wants other soul mates who have lost a spouse to know that this is a viable option.

At least for genuine soul mates, it is not necessarily a matter of choosing between grief and "moving on." But this takes faith, a "we can figure it out together" attitude, and perseverance. Abby has told me that it's like a marriage in which one of the partners has a disability — they figure out how to deal with it.

For more information about Stephen, his research, and his own past-life case, visit jal.goldthread.com. ♦

"The primary purpose of the hypnotic regressions was to access past-life memories that could then be validated in the deep historical record."



presents

The 'INTENTION IS EVERYTHING' Podcast

KAREN FRAZIER



Co-Host

CHERYL KNIGHT-WILSON

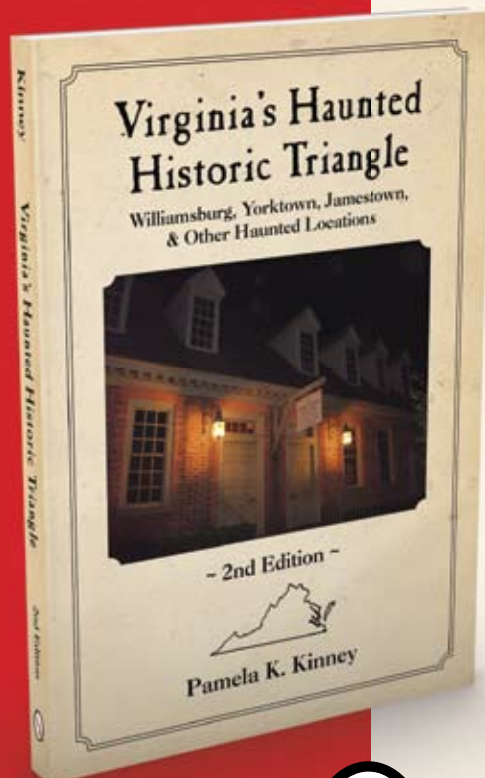


Co-Host

Intentional Practices
for an Empowered Life!

*Podcast Available on
iTunes & Podbean!*

ParanormalUnderground.net



Virginia's Haunted Historic Triangle 2nd Edition

Williamsburg, Yorktown, Jamestown & Other Haunted Locations

Pamela K. Kinney

Take a step back into ghostly history as you tour Williamsburg, Yorktown, and Jamestown in the Historic Triangle, taking side trips to the towns and counties nearby too. Be prepared to get to know the ghosts of the Historic Triangle and its surrounding areas. They're dying for you to hear their stories.

978-0-7643-5772-5 | 7" x 10" | 192 pgs | \$19.99



SCHIFFER
PUBLISHING

WHEREVER BOOKS ARE SOLD

WHAT ARE PARANORMAL IMPRINTS?

By Mary Sutherland, Legends Magazine

Ghostly Imprints

Residual energy imprint hauntings are the products of an emotional incident, often a violent event. Strong energy seems to be stored in physical land and surroundings.

There have been stories of mass slaughtering of an Indian tribe that took place over two days. People say they still hear the screams throughout the woods and also see images of kids playing and adults hunting. This tribe lived on those lands for many generations. When they were alive, their presence on the land had a strong impact. That energy cannot just disappear. Like a footprint left in the sand, a spiritual imprint was left on their land.

With this type of haunting, witnesses may see the same activity performed over and over. Eventually, the energy will get low and the appearance will become less often. When someone witnesses this kind of haunting and is startled or frightened by it, that energy may refuel the setting so that the manifestations and/or impressions continue.

It is believed that imprints account for many reported hauntings. An imprint can also be of a single person who was attached to their land or house and can be seen picking weeds from the garden or inspecting the house to see what work needs to be done.

When imprints are witnessed, it should be interpreted that the land is very special.

Energy Constructs – Tulpoids or Created Spirits

There have been movies made about dolls infused with enough energy that they achieve a weird kind of life. Usually, this is the stuff of horror films and nightmares, but let's look back at the "teddy bear example" for a moment.



Think about all of the energy that a child puts into a toy like a teddy bear. The child names the toy and makes up stories about it. The toy becomes a special friend, almost more real to a child than the kid who lives down the street. How much innocent energy does it take to infuse the toy with some kind of actual personality? Is there such a thing as a created spirit?

It is possible for something to take on a life of its own if enough energy is invested into it? This process is very rare, but it can still happen, even unintentionally. More

common, although still far and few between, are intentionally created energy constructs. These are sometimes called elementals by witches and magical workers. Another term for them is “astral construct,” because they exist entirely in the non-physical realm.

What is the difference between an energy construct and the impression of your grandmother lingering in the house?

First and foremost, the construct is something that had no existence separate from the energy that makes it up. Your grandmother was a living person, unique and vital and very physically real. After her passing, a great deal of her energy lingered in her living space and on those objects precious to her. This often results in “residual” hauntings.

So, for instance, when you “saw” the spirit of your grandmother in the house going about her business as normal, it was an impression of her past self/energy, even though your mind interpreted it as her actual presence. A second spirit was not born out of the lingering energies she left behind. These were just echoes of her.

An energy construct, on the other hand, is created purely out of energy. It has no real existence in the physical world prior to or after its creation. It can be tied to a particular physical object, or even a place, but this serves as a focus only. The real existence of the construct is in the subtle realm. Such constructs are born of a continuous build-up of focused energy — either the

An energy construct is created purely out of energy. It can be tied to a physical object or even a place.

energy of strong emotion or the equally potent energy of a person’s intentionally directed will.

Intentional constructs can be invested with a limited amount of sentience — kind of like a spiritual program that dictates certain actions they should perform.

Unintentionally created constructs usually play out a limited set of actions inspired by whatever created them in the first place. Thus, a construct that has developed in a home where there was constant anger and fighting will simply roam around, inspiring the same sort of feelings in others and feeding off of the energy those emotions produce.



The significant difference between a simple residue and a construct at this point is the independence it has achieved. The construct can move from place to place in the subtle reality much like any other spirit, while a residue is usually tied to the place where it was created until it is worn away or removed.

The construct also actively seeks out the kind of energy that will perpetuate its existence, whereas a residue does this only passively.

Finally, a construct will instinctively avoid anything that might harm it or bring about the end of its existence. This indicates at least a limited amount of consciousness, a fact that is just a little unsettling, considering this created spirit developed from nothing more than a build-up of cast-off human emotion.

Emotional Imprints

It is also possible for us to leave traces of our energy on objects or places without having that energy resonate with our personal presence. Strong emotions can very easily imprint themselves on the world around us. Homes, workplaces, even hotel rooms can develop a distinct build-up of emotional residues. These residues linger in the subtle reality, affecting everyone who comes into contact with them on a deep and unspoken level.

Emotional residues, like our psychic dust, build up over time. Unlike psychic dust, however, emotional resi-



dues can linger for quite a while. Since we tend to associate places with the emotions we've experienced in them, we have a habit of experiencing the same feelings in the same places over and over again. The pre-existing energy of the place only encourages this, and so it creates a self-perpetuating cycle of emotion.

For example, a teenager almost always retreats to their room for sanctuary from the "unfair" world. Whenever this young person has a bad day at school or has an argument with their parents, they take all their hurt feelings with them to their private space.

Now, their original intention is to simply find some place that is separate and away from those things that seem to always be hurting them. And yet by constantly taking these bad feelings into their personal space, they imprint the negativity on the walls and items in that space. Over time, this builds up and becomes a self-perpetuating cycle of negative emotions.

Given the tumultuous energy of a teen, this cycle can get pretty intense. Before too long, their room has become a kind of emotional pit, where anyone walking in can just feel the angst and anger dripping off the walls. A little bit of this negativity rubs off onto anyone exposed

to it, inspiring similar emotions that then feed back into the pre-existing residue.

Every time the lingering impression inspires that self-same emotion in a person, that person's emotional energy feeds back into the residue, strengthening it. So, whenever the teen's parents come up to their room to comfort them, they find themselves instead inspired to a confrontation. Being that like breeds like, they will most likely end up yelling and arguing even more, unaware that a large part of their feelings are being influenced by the general feeling of negativity radiating from the teenager's room. In such an atmosphere, it's almost impossible not to react to the ambient emotion.

Negative emotions often leave the strongest lingering impressions, but not all emotional residues inspire bad feelings in people. We can invest objects with very positive impressions as well. Consider that favorite teddy bear you had as a child. You carried that thing with you everywhere, and for you it was the ultimate talisman of safety and security in an unpredictable world. When you went to bed at night, you knew beyond any kind of doubt that that bear would protect you from all of the monsters under your bed.

You lavished love and attention upon it, so much so that it almost seemed to take on a personality of its own.

Once you outgrew the need for the teddy bear, you still kept it around, and eventually it was given to a very special child in your adult life. And the very first time that child held the teddy bear, he or she could feel the comfort and safety radiating off of it. Each time the child took it to bed, they knew just by the feel of the bear that he would be safe. And his own feelings of comfort and security fed back into the bear, perpetuating the emotional impression.

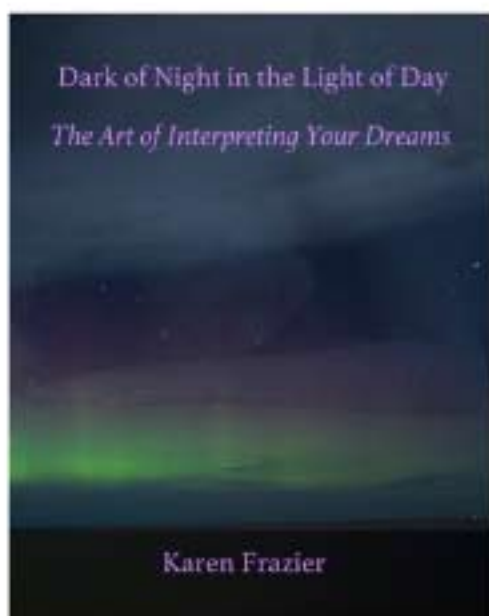
Later on, the bear might end up in an antique shop, and the person who picks it up will immediately sense the love it was given. The impression of childhood trust and comfort breathes almost tangibly from the worn cloth of the toy.

All of us have handled toys like that, little childhood talismans that seem to have taken on a life of their own. As children, our energy is unguarded and pure. We focus that energy into things without any kind of hesitation or reserve. And so the lingering impressions of childhood emotion are some of the strongest we can encounter. ♦

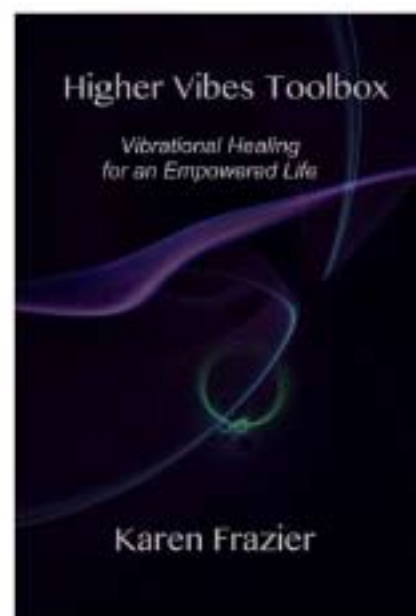
New from *Paranormal Underground* columnist

Karen Frazier

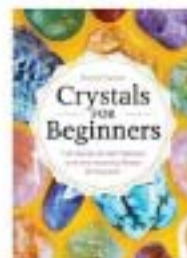
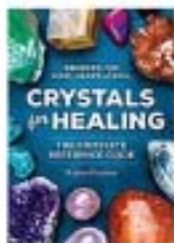
Unlock the power of your dreams



Improve your life with vibrational healing



Also by Karen



AuthorKarenFrazier.com

ARUNDEL CASTLE:

A History of Ghosts and Hauntings

By Rick Hale

Arundel Castle in West Sussex, England — like many English castles — is filled with tales of phantoms and things that go bump in the night. It is believed that most castles across the U.K. can boast at least one ghost ... a lost soul cursed to walk its drafty corridors for all of time.

However, none are quite as active as the phantoms that are said to haunt the ancestral home of the Dukes of Norfolk, Arundel Castle. This beautiful example of medieval architecture located in Sussex, dates back to the 19th century.

But, the present castle sits on the foundation of a much older structure. It is this earlier structure that many ghosts call home.

History of Arundel Castle

The original structure upon which Arundel sits was founded on Christmas Day in 1067 CE. In those ancient days, Empress Tilda briefly lived in the castle as she made her journey to claim the British throne.

Following the death of William d'Aubigny, Henry II spent a considerable amount of time and resources restructuring the castle. After the passing of Henry II, Richard the Lionheart held court in its lofty throne room.

Centuries later, the castle was reopened to the public as a museum. That's when the ghosts of Arundel became apparent.

The Haunting of Arundel Castle

Since reopening as a museum, dozens of ghosts have been witnessed wandering the castle by staff and visitor alike. There are several restless spirits that appear to be

more active than all the rest. And they do not shy away from presenting themselves as they see fit.

The First Earl

According to the many people who have encountered Arundel Castle's ghosts, the ghost of the first Earl of Arundel is said to be the most active.



There are several restless spirits that roam Arundel Castle, including the first Earl of Arundel, the Blue Man, and a servant boy.

The first Earl is the nobleman responsible for the building of the original castle. He is said to walk the castle keeping a jealous eye on the castle he so loved in life.

If the ghostly Earl witnesses something he finds offensive, he makes his displeasure known by causing accidents and loud disruptions.

Love and Loss

No castle in England would be complete without at least one haunting brought on by love and tragic loss.



St. Martin's Chapel in the Keep at Arundel Castle. (Photo: experiencedtraveller.com)

As the story goes, early in the castle's history, a young woman was involved in a love affair that didn't go the way she had planned. Broken hearted and stricken with soul-crushing grief, she made her way to the top of Hiorne Tower, the tallest point of the castle. As endless tears streaked her young face, she leaped to her death, ending her promising young life.

Her act of desperation appears to have left a psychic imprint on the stones of the castle. The distraught figure of a young woman has been seen climbing the stairs of Hiorne Tower only to vanish as she jumps.

The Blue Man

A third active ghost encountered in Arundel Castle is an entity people have dubbed the Blue Man. He is called this because of a bright blue tunic he wears as he wanders the halls and corridors of the castle.

It's believed the blue man was a cavalier in service to Charles I. Since 1630, he has been witnessed quietly reading a book in the library.

The Servant Boy

Perhaps Arundel's most tragic ghost is the apparition of a little boy seen in the kitchen furiously scrubbing

dishes. According to staff, the boy fell victim to an abusive overseer who beat him to death.

The boy is commonly seen in the early morning hours — the time of day when he lost his life centuries ago.

The Footman's Fright

A curious tale of Arundel's ghosts occurred over 60 years ago in 1958. A young footman, who just began working at the castle was ordered to go out to the draw-bridge and put out the lights for the night.

As he stood at the entrance, a dense fog suddenly forming around him, the footman saw a peculiar sight. A lone figure with long hair and a gray tunic approached him from out of the shadows. The footman demanded the figure identify himself immediately, otherwise he would contact the authorities.

The young footman became increasingly fearful as the figure ignored his demands and drew closer. Before he could run, the figure inexplicably vanished, undoubtedly putting quite a fright in the footman.

Today, Arundel is no longer the home of the Dukes of Norfolk or any member of the nobility. The castle is open daily for tours. And, if you're lucky, one of its many ghosts may appear to say hello. ♦

ROSSENDALE 'LIGHTS-IN-THE-SKY' PHOTOGRAPH

OLD PHOTO AND NEW TECHNOLOGY

By Philip Mantle, Flying Disk Press

Having been actively involved in UFO research and investigation for over 40 years, I have probably dealt with just about every type of UFO sighting.

In the 1980s, areas in the Yorkshire Dales National Park around the town of Skipton and the Rossendale area of Lancashire in the U.K. were UFO hotspots. Most of the UFO sightings in these areas were of strange Lights In The Sky (LITS). These LITS were often seen to be at a low level and haunted the moors and valleys for many a year.

The intensity in such sightings was arguable in the 1980s, and I thought it might be an idea to look at one of these sightings, but one that has photographs attached to it. Although at times we were quite literally inundated with such reports and photographs of these LITS, they are extremely rare.

With the COVID-19 virus keeping us all indoors, I took the opportunity to go through some of my old files and select one of these reports that does have photographs to accompany it. I also thought it might be interesting to subject one of the photographs to modern-day photo analysis via computer, and I would like to thank Jason Gleaves, the author of *UFO Photo*, for his assistance with this. Jason was formerly with the Royal Air Force and now specializes in computer analysis of alleged UFO photos and films.

The Sighting

The witness in question is a Mr. DM (name on file). The sighting and photographs were taken in 1987, but we do not have the exact date. The location is near Green Howarth in Lancashire. I interviewed Mr. DM on November 3, 1987. Here is the interview with DM:

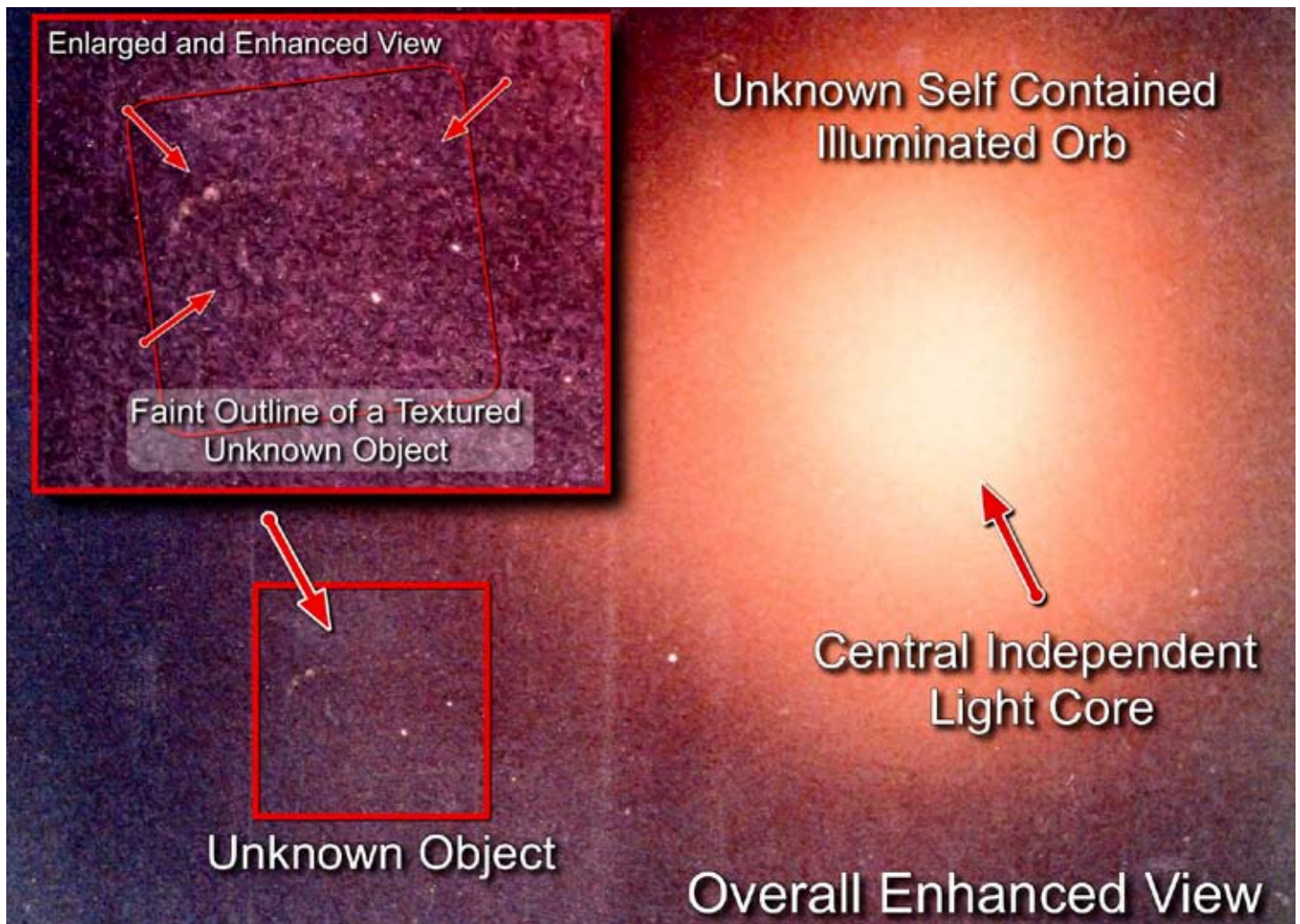


Close-up photo of LITS.

Q: Just tell me in your own words what you have seen down the years.

DM: The first thing that I ever saw, I would have been nearly 18 years old, that's 20 years ago. And there would have been 15 or 20 of us sat outside of work on a nice, sunny afternoon, and we saw a cigar-shaped object just fly passed us in the sky. It obviously was not an aircraft.

Then we used to live in a cottage on the moors, and that would be about five or six years ago. We had to walk across some fields to get home, and as you come over the top of the hill you are looking down into a valley. And I just saw these red and green lights go straight across the sky at tremendous speed and not very high up and no noise. No noise at all.



Q: Is this near here?

DM: Yes, it's just about, a few miles from here.

Q: What's this place called?

DM: Green Howarth. Right, now we come to photographs. ... I took ... [in] March 9, 1986.

Q: Have you any idea what time this was taken?

DM: It was one Saturday night, and we were waiting to go out. So it will have been about 7:30 to 8:00 p.m. We were going out somewhere.

Q: Were you living here then?

DM: No, we lived about a mile up the road. We saw that appear; we couldn't tell how far away it was, but I would say two or three miles. And there is nothing but moorland there. There is nothing, only moors.

There were five of us I would say. It kept appearing, just where it was. Then it just went [out], and then it just came back on again. It didn't travel, it never moved, and it

stayed on for two or three minutes, then it just disappeared. I took a load of photographs. That's taken with 240mm telephoto lens with a two-times converter. And I took about 10 photographs didn't I? I only took them to the chemist (to have the 35mm film to be developed).

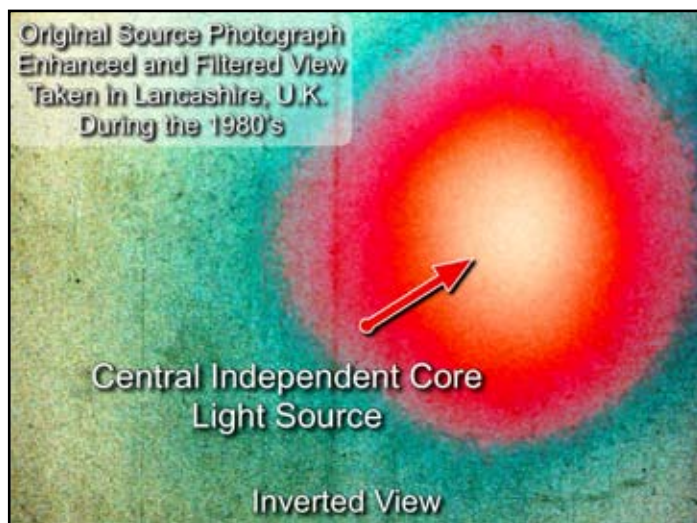
And then this one was taken about 6:00 o'clock in the morning. It wasn't this July. It was the year before. That's taken with a telephoto lens also I think. That never moved. [I was shown a set of two photographs]. It was there for ages, and then the next time I looked it was gone.

Q: This was just stationary?

DM: Yes. It didn't seem to move. I stood and watched it for about 10 minutes to a quarter of an hour. In fact, I came out with the dog, saw it, went back inside, rooted my camera out, messed about, and then took the photographs.

Q: Did you say that you used your telephoto lens taking these pictures?

DM: I think I had the telephoto lens on there as well. ... I'm just trying to think whether I did use the telephoto. I



think these are the negatives that they didn't print, but I don't have a system for filing my negatives. ... I tried the ordinary lens and then the telephoto lens, and all sorts.

Q: Is that all you have seen then?

DM: Yes.

Q: I can have these photos examined, and I assure you I will let you have them back.

DM: Yes, that's alright. I phoned the police and they said, "Oh, we are going to investigate this. We've had a lot of calls." We never heard anything, and there was nothing in the local newspaper. We never found out anything about it.

Q: What type of camera do you use?

DM: It's only a Praktica NOVE 2 SLR (single lens reflex). It [didn't] come out on the photographs exactly as we saw it; it was more defined and a much brighter orange color. It was really bright.

Q: What was the weather conditions like (at the time of taking the photos)?

DM: Well, they must have been alright or else I wouldn't even have considered going to look at it. You couldn't tell if it was 200 or two miles away. It wasn't as big as a full moon, perhaps just a bit smaller. It just looked like a football.

Q: Are the colors on the photographs correct?

DM: Yes, but it was brighter.

Old Analysis of UFO Photos

As you can see, there was bit of confusion about what lens was used on the camera and which were the right

negatives, but the latter issue was sorted out and I have the negatives in my file. At the time of this report, I was part of the British UFO Research Association (BUFORA), and they had a photography consultant available named Nigel Smith. I sent the photos and the details supplied by Mr. DM to Nigel Smith, and he responded on November 29, 1988, with following analysis.

"I have some doubts about the 'close-up.' It is almost impossible to hand-hold a camera with a 2 X 240mm lens without getting movement, especially as a reasonably slow exposure must have been used. Note that there appears to be camera-shake on the photos taken with a 50mm lens. Have you chased the police about all these reported sightings?"

"I cannot think of any conventional explanation for the sighting and photographs if they do turn out to be bona-fide and as reported. Could it be some sort of Earth-light or other unconventional phenomena?"

As for the other photograph, Nigel Smith had this to say:

"I doubt very much that this was taken with a telephoto lens as he suggests — does he know what he's talking about? The 'object' looks like the remains of a vapor trail and possibly where an afterburner has been used by a military jet. The fact that it remained stationary supports this possibility."

New Analysis of UFO Photos

I think it is clear that Nigel wasn't a fan of the photo showing a light in the distance, and to be fair there's not a lot that could be done with it then or even now. However, the "close-up" photo has more promise, and we must remember that back in 1988 Nigel had no computer technology so his comments about the photograph are just a professional opinion and nothing more.

This is why I thought it might be a good idea to let Jason Gleaves have a look at the photo and for him to use his computer photo-analysis software to see what it might be able to reveal.

According to Jason's evaluation, the close-up photo shows a self-illuminating "orb." In other words, it's a definite light source of some kind. Interestingly, Jason has also illustrated the possible outline of an unknown object to the left of the orb. What this may or may not be I leave open to question. Here is what Jason wrote in his analysis:

"I was recently presented with an unusual photograph of what appears to be a brightly illuminated light source in a dark night time sky (no other light pollution) taken in Lancashire, U.K., during the 1980s via fellow ufologist Philip Mantle. Philip asked me if I would analyze the image and give my opinion as to what it could possibly be. I approached this case as I always do, with an open mind and methodological approach as to determine an unbiased opinion and conclusion.

“My final analyzing results and conclusion of this case revealed fascinating and startling results, not only revealing the high detail of the brightly illuminated orb revealing its central independent core and outer aura surrounding — its entire circumference — but also to the left and much lower of the main orb a much smaller unknown object (UFO) is observed.

“It too appears to have structure and is a totally separate entity to the orb itself. It is difficult to say if the two objects are interacting together or separate anomalies.

“In the original source photograph first sent to me by Philip, its raw state doesn’t give much visual data. But when put through the process of image upscaling and filter enhancement, [it] reveal a totally new picture, so to speak.

“In my opinion, the illuminated orb is an unknown anomaly and unidentified. It doesn’t resemble any known aircraft (military or civilian) or exhibit any other light sources, i.e., aircraft landing lights, aircraft strobe lighting, etc.

“It appears to be airborne — difficult to determine whether it’s stationary or moving. Also, it doesn’t appear to be attached to any other structure, so we can rule out

street lighting (light source attached to a pole or building structure, etc.).

“As for the other smaller unknown object, this too doesn’t exhibit any other light source (aircraft lighting systems) and is only made visible when put through a rigorous enhancement process. We can’t rule out the possibility that it could be an unknown secret, covert craft of some description.”

Jason’s final analysis was: “Conclusion: Both Objects Unidentified.”

The Importance of These Types of Analysis

Like I said at the beginning of this article: Photographs of the LITS seen in these areas are extremely rare, and I know of only a few that I believe to be authentic. I know this sighting isn’t of something spectacular, but it’s nonetheless important. If we are to study the UFO phenomenon correctly, we can’t cherry-pick which cases to concentrate on. The data from all UFO cases is important.

This is the first time I have published this material, and I would like to hear from others who might have similar photo cases in their archives. You can email me at philip.mantle@gmail.com. ♦

“The illuminated orb is an unknown anomaly and unidentified. It doesn’t resemble any known aircraft (military or civilian).”



UNDERSEA UFO BASE

BY PRESTON DENNETT

An In-Depth Investigation of USOs in the Santa Catalina Channel

For 100 years, strange activity has been occurring off the southern California Coast. Mile for mile, this area is one of the top producers of unidentified submersible objects (USOs) in the entire world. Drawing on firsthand testimonies from the Navy, Air Force, Coast Guard, police officers, lifeguards, residents, and many others, Preston Dennett presents a compelling case for the possible existence of an undersea UFO base.

Sightings of weird lights, anomalous glowing clouds, objects flying in and out of the water, mass UFO sightings, humanoid encounters — they’re all here. More than 10 years of research is presented here for the first time. The truth about this area can no longer be denied: something very strange is lurking in these waters.

BLUE GIANT BOOKS
ISBN: 978-1984340702
226 PAGES

PrestonDennett.weebly.com

The Raccoon Man of Sleepy Hollow, New York

By Paul Dale Roberts, Halo Paranormal Investigations

The year was 1974. I was stationed at Fort Jackson, South Carolina. My girlfriend, Bonnie, who lived in south San Francisco, was heading up to Sleepy Hollow, New York, to see her friends. She asked me to take some time off from the Army to see her in Sleepy Hollow.

In 1974, Sleepy Hollow was called North Tarrytown but changed its name to Sleepy Hollow in 1996 in honor of Washington Irving's story *The Legend of Sleepy Hollow*.

I remember how excited I was. I wanted to see where Irving was buried, and I wanted to see if there was any truth to the headless horseman mythos. When I arrived at Sleepy Hollow, I was introduced to Bonnie's friends. I was asking about the headless horseman, and Bonnie's friends were telling me that the story is no myth. It was real, they told me.

Before I knew it, I was taken to the Old Dutch Church. The story that Bonnie's friends told me went like this: On one cold night in 1941, a witch in the village, named Femke, was asked by various locals to leave Sleepy Hollow. It was rumored that Femke was dabbling in Black Arts and a few of the village folk were getting ill for no reason. They blamed the illness on Femke.

Femke yelled out at a small crowd that condemned her as an evil witch. She screamed: "When the old church is demonized, is when I shall leave."

Two years later, the Old Dutch Church had a visitor. People claimed they saw a bat consumed by fire fly into the church and vanish. The next day, the witch passed away, and the people that condemned her as an evil witch died under mysterious circumstances within five years of her passing.

While I visited the Old Dutch Church and the Sleepy Hollow Cemetery, I did not witness anything I would consider as paranormal, even though Bonnie thought she had seen a large shadow move across the tombstones. She also said that the shadowy entity had the face of a raccoon.

I can see why Washington Irving was inspired to write a story about this colorful village. Sleepy Hollow will engulf you with its beauty, rich history, and people. I can also see



Photo: sleepyhollowcemetery.org

how certain areas of this village can be hauntingly scary! But did Bonnie really see a raccoon-faced entity?

When I became a paranormal investigator for Haunted and Paranormal Investigations International, I would learn that a woman, named Monique, was visiting Sleepy Hollow in 2003. Monique claims that she also saw a shadowy entity in the cemetery that appeared to have the face of a raccoon.

When she saw this entity, she began to run out of the cemetery with her two friends. When she did, she felt something tug at her hair. Monique says she will never return to that cemetery.

When I arrived back to Fort Jackson, South Carolina, I went out with two soldier friends in the town of Columbia. The three of us saw 6 blue discs (UFOs) in formation. As they moved in formation, they later dispersed erratically at incredible speeds. I learned later that 1974 was a year considered as a "UFO flap." Sleepy Hollow, New York would later on be visited by an array of UFOs — from 1982 to 1995.

I hope to one day return to Sleepy Hollow. If I do, I will take delight in investigating all of the paranormal stories from this village. ♦



HALO PARANORMAL INVESTIGATIONS

We have conducted over 1,000 paranormal investigations, including investigating all things paranormal, including spirit activity, UFO and cryptid sightings, and demonic hauntings. We provide evidence to clients as we collect it. We also conduct metaphysical cleansings, Catholic house blessings, and fully submerged baptism (a basic form of exorcism).

IF YOU NEED HELP, CONTACT US AT WWW.CRYPTIC916.COM

Dinner Date With A Ghost



Elaine Weir Watkins

IN HER NEW BOOK, "DINNER WITH A GHOST," ELAINE WEIR WATKINS COMBINES TRUE GHOST STORIES FROM COVINGTON, TENNESSEE, ALONG WITH GOOD SOUTHERN RECIPES!

CONTRIBUTORS INCLUDE ROBERT FOUNTAIN OF SPECTRAL TECH PARANORMAL INVESTIGATIONS. PHOTOS BY DANNY PERRY OF NIGHT SHADOWS PARANORMAL PHOTOGRAPHY. 196 PAGES.

TOO SCARY FOR KIDS! SO LOOK FOR A CHILD'S GHOST THAT WALKS ON A BED ON SOUTH MAIN STREET; GHOSTS THAT TURN ON GAS FIREPLACES IN A COVINGTON LANDMARK; AND SPIRITS THAT WALK AROUND IN STORES ON THE COVINGTON SQUARE.

Make your favorite recipe and enjoy "Dinner Date With a Ghost"!!!

AVAILABLE AT AMAZON.COM
With Amazon Prime two-day free shipping!

Twelve Hours in Rugby, Tennessee

By Alicia King Marshall

Rugby is a tiny town in East Tennessee near the Kentucky border with a population of 75. It was founded in 1880 by Englishman Thomas Hughes. His dream was to create his idea of Utopia, offering opportunities to privileged Brits not in line to inherit their family fortunes. He eagerly welcomed Americans too. It was a slightly crazy and extremely ambitious endeavor. It almost worked.

* * * * *

My cousin, Jeff, and I decided we wanted to take a “roadtrip adventure” to this haunted, historic village. I’m a writer from Franklin, Tennessee, and Jeff is a developer and attorney from Moraga, California, near San Francisco. We are curious by nature, and we like a good adrenaline rush.

This article details our 12 hours spent in haunted Rugby, Tennessee.

10:12 p.m.

We drive to the village, three conversation-packed hours after leaving Franklin, Tennessee. Jeff and I talk often, but I don’t get to see him much because he lives in California. We had planned this “field trip” for months amidst a family celebration — we’re staying one night in Rugby on the way to meet the rest of the family to visit my son, who attends a college in Knoxville.

Jeff’s never been to East Tennessee before, much less to Rugby. I brought my kids here once, years ago, but didn’t get to see everything. We intended to stay the night, but left abruptly. More on that later.

The only lights anywhere in the village are on porches, cloaked by moths and mosquitoes. We follow the

signs to the main building and find our welcome envelope waiting for us in the box by the Visitor’s Centre’s entrance. Inside, it contains a map, check-out information, basic history, and four keys to our inn, the Newbury House. Why four?

One key each for the front door, plus keys to our individual guest rooms. They don’t have a front desk or an onsite innkeeper.



The historic, and haunted, Newbury House is located in Rugby, Tennessee. The house has entertained guests since 1880, when Rugby was founded. (Photo: tnvacation.com)

We pull up to Newbury to find a small truck parked on the side, by the pond. This makes sense. When I called the day before to confirm, I was told to expect other guests inside when we arrived.

“Just one couple on a gift certificate from a board member. That makes just four of you, so you’ll have run of the village all night.” I remember thinking that seemed like an odd thing to say.

Newbury House was built in the mid-1880s as a boarding house. It's a charming yet worn Victorian with five guest rooms upstairs and a suite, kitchen, parlor, and covered porch downstairs. The rain-grayed picket fence that surrounds the home lends a storybook feel.

We unlock the front door and begin to look around. Jeff reads from the visitor's log as I walk to the kitchen at the back of the house. I want to see if it matches my memory of the last time I was here, 12 years ago. It does.

We take our bags up the steep, narrow staircase to our rooms. Jeff's in the Mr. and Mrs. Kellogg room, and I'm next door in Sarah Walton. The window air conditioning unit won't stay on, but there are large windows on two walls I can open later.

Imagine your grandmother owns an old country home on a dirt road, deep in the South. No one lives there, but everyone visits. The bed linens and dishes are coordinated, but not matched. Dated, but clean. This is the Newbury House.

The hardwood floor is solid, freshly swept, and softly rolls and leans ever so slightly toward the window. Oh, and those windows in Sarah Walton? One looks out over the main gate, just above the front door to the right, with a perfect view of everyone who comes and goes.

10:45 p.m.

We go back downstairs and decide to walk into the village. We still haven't seen the strangers with whom we're sharing this place, so we carefully lock our rooms and the front door, then head down the lane toward town.

As we pass the large pond behind the Newbury, we hear loud splashes and convince ourselves there are some very big fish in there. We're covered in total blackness, except for flashes of heat lightning in the distance. We turn on our phone flashlights and check out the shops on the main road. Rugby Commissary, Harrow Road Cafe, Visitor's Centre.

We head back. As we pass the side of the inn and round the corner of the fence, we take one look at the front of the inn and stop short.

The front door is wide open.

We not only closed and locked it when we left, I pulled on it to make sure it was latched. I'm sort of a freak about door locks, so I remember checking it, even though it meant Jeff was walking away, farther into the dense night as I did it.

We go back in and lock the door behind us. Jeff tests it to see if it sticks or reopens. It doesn't. We decide it had to be the unseen guests upstairs. They must have gone outside while we were out and left it open.



My first trip to Newbury House had been 12 years earlier with my kids. During the day, it looked like an English cottage from a Disney movie. At night, it looked almost alive and angry.

11:20 p.m.

We sit at the table in the parlor and talk awhile. After taking a look at the framed photos in the room, we decide to play Scrabble. Suddenly, I say out of nowhere, only half-serious, "Let's go to the cemetery!" Jeff immediately agrees.

He's called my bluff. I don't hesitate, though. I mean, isn't that why we're here? We lock the front door, triple-check it, and get in the car. The cemetery is only a couple miles down a dirt road, but it feels like we're venturing too far from the inn, somehow.

At first, I stay in the car as Jeff walks out among the graves. I brought along an EMF detector I bought online. It's supposed to alert you to low levels of electricity, or electromagnetic fields. Many believe this can mean a spirit is present.

As Jeff walks deeper into the cemetery, I put it on the dashboard and the meter goes off, beeping and flashing a red light. I quickly realize it's too near the console and move it to the backseat, where it falls silent.

Suddenly I'm more afraid of being in the car alone



We took our bags up the steep, narrow staircase to our rooms. Jeff was staying in the Mr. and Mrs. Kellogg Room, and I was next door in the Sarah Walton Room. We both would experience the paranormal in our respective rooms.

than strolling through a massive Victorian-era graveyard, so I'm relieved to see Jeff heading closer to the car, barely visible from the glow of his phone light.

I get out of the car and make my way to where he's trying to read a grave marker from 1882. We start walking on a diagonal path all the way to the far left corner, where we're surprised to find there are yet more headstones dotting the other side of the hill in the distance. That's when we both see the same thing and stop cold.

Somehow we've walked directly across the entire field of tombstones to a family plot. The first names we read, large and clearly engraved on the flat stones, are **KELLOGG** and **WALTON**. The bodies below our feet are those for whom our rooms were named! They once lived in the house where we'll be spending the night.

Time to go.

11:45 p.m.

We're still trying to understand how we could have possibly gone straight to the Walton/Kellogg family plot,

in the far corner, in total darkness — without even looking for anything in particular. We take some pictures and make our way back to the car. We return to the Newbury House and are thankful to find the front door closed and locked.

We go inside and read some of the history of Rugby. Over 75 buildings were built in the beginning, and the population quickly rose to over 300. The dream was becoming a reality, but the experiment's success was short-lived.

Due to fire, typhoid, and financial problems, it was all but over by 1900. While never deserted, Rugby never reclaimed its promise after that.

Exhausted, we go to our rooms to try and sleep.

Midnight

Locked in my Sarah Walton guest room, I turn on the EMF detector and place it in the center of the room, which is near the foot of my bed. I want it to be as far as possible from any explainable power source. The meter is at absolute zero, with no needle movement whatsoever.

I take a few pictures from the front window and text them to Jeff, who's in the next room.

Soon, he writes back, "Zoom into the middle of that last photo. Do you see what I see?"

Thinking he's just trying to scare me, I reply, "Dammit, Jeff!"

He calls and tells me where to look. "Is that your reflection?" he asks.

I see what he sees — a woman's profile. It's not me, though. We agree to call it a night. I put my phone on the vanity by the door, far away from the bed.

4:12 a.m.

I'm jolted awake by the loud beeping and bright flashing red lights of my EMF detector. Without even looking at the levels on the meter, I instinctively hit the power switch to make it stop. I'm more intrigued than afraid.

Still, it takes me awhile to calm down and stop wondering what could have set it off before I can finally go back to sleep. I can't help but think about my first time in this house, 12 years earlier.

My two kids and I planned an overnight visit here. They were 10 and 12 at the time. We're big on historical tours, so the Victorian beginnings of Rugby sounded like something we'd all enjoy.

We were wrong.

We got into town early one afternoon. The woman at the lodging counter said we were lucky we had a reservation because the village was sold out. We checked into the guest house called Kingston Lisle. All three of us felt



Locked in my Sarah Walton guest room, I turned on the EMF detector and placed it in the center of the room. I'm jolted awake at 4:12 a.m. by the loud beeping and bright flashing red lights of the detector. (Photo: TripAdvisor.com)

uneasy from the second we entered. Before even bringing in our bags, we agreed we didn't want to stay there.

We returned to the Visitor's Centre, hoping they might be able to suggest another place nearby. I approached the window as the kids played on the porch. I was a little embarrassed as I told the woman my problem, but she just laughed and said, "You're not going to believe this, but every single other reservation has cancelled. Not only will you have your choice of where else to stay, but you'll be alone in the village tonight!"

Suddenly, this felt like the basic plotline of every horror movie I'd ever seen. We were switched to the large suite downstairs at Newbury House, but it came with a warning: "If your kids were afraid at Kingston Lisle, whatever you do, don't let them read the guest book at Newbury House! People describe a lot of hauntings there."

We went there and were relieved to see what an improvement it was compared to Kingston Lisle. It looked like an English cottage from a Disney movie. We left our bags in the room, then headed out to nearby Jamestown for dinner.

When we returned, Newbury House looked almost

alive and angry. The windows glowed a bright orange-red. We all stood outside and stared. It looked so different from the charming house we'd left a couple hours before.

Somehow, I convinced the kids to come back in, but they huddled together just inside the front door. I walked down the center hall to the kitchen, intending to tell them it was fine. Instead, I saw something move to the right of the doorway.

I jumped and screamed, and the kids raced back to the car. To this day, my (very sensible and drama-free) son remembers the sound of scratching on the outside of the car as they waited there for me to come out with our things. He doesn't like to talk about it and absolutely refuses to return.

6:45 a.m.

I hear footsteps in the hallway. It's Jeff. I unlock the door, and he comes in to tell me something very strange happened to him the night before. He describes what he calls "the most vivid and unexplainable presence I can imagine" in his room.





My cousin Jeff is pictured above (left) at Rugby Church. Pictured above (at right) is the Walton-Kellogg family grave, which we photographed after midnight during an impromptu and unusual visit to Laurel Dale Cemetery.

He kept waking up, or being woken up, by a little girl in the corner. She wordlessly imparted overwhelming feelings of comfort, safety, and well-being. He tells me he's never experienced anything like it in his life.

We agree to get ready and check out in an hour.

I shower and get dressed and packed. I open my door to see if Jeff is in the hallway, waiting, but no one else is there. Then I see it. My room key is in the lock. It must have been there all night.

How did Jeff miss it earlier? How did I? Moreover, how did I, the admitted door-lock freak, leave my key in the door (something I have never done before)?

7:45 a.m.

We gather our things and get back into the car. We want to take the first tour of the day before we leave, but that's not until 10 a.m. We have plenty of time to head down the road for breakfast. We were told the woman at the gas station would make us bacon and eggs. We aren't sure we want in on that, but we are desperate for coffee.

With no other options, we pull up to our literal filling station. It isn't open yet, but we aren't the only ones waiting. Pulling in behind us is the truck we saw parked at the inn. We all get out and introduce ourselves. I tell them I hope we hadn't woken them up last night, expecting they'll confirm they were the ones to leave the front door open.

Not only had they not opened the door during the night, they tell us they didn't even realize there were other guests until they heard us leave just ahead of them this morning. No one ever comes to open the station, so we all eventually leave.

10:00 a.m.

We're the only ones in line for Rugby's first history tour of the day. Recent retiree and local volunteer Judy greets us enthusiastically and leads us to the theater for an impressive film about Rugby's history.

We then set out to explore the church, library, and former home of founder Thomas Hughes before returning to the Visitor's Centre. It's a gorgeous, sunny day, and Judy easily answers our many questions. With no other guests on the walk, we speak freely about the events of the previous 12 hours.

Not only does Judy appear wholly unimpressed, she simply smiles and shares similar stories told to her by past guests. Apparently, she's heard this all before.

"Some see things. Others feel things. Some are scared, but most are just sort of fascinated. It can be a lot to take in." She laughs and adds, "Some even leave before morning."

You don't say.

Rugby, Tennessee, is located 140 miles northeast of Nashville. You can learn more at historicrugby.org. ♦

WAS THERE MORE BEFORE THE BIG BANG?

Exploring
Our
Mysterious
Universe

Maria Anna van Driel

"Exploring Our Mysterious Universe"
by Maria Anna van Driel
www.amazon.com

Flying Disk Press

UFOs Today
70 Years of U.S. Government
and Governmental Coverups

Philip Mantle

The
Rev
Father
Cult File

<http://flyingdiskpress.blogspot.co.uk/>

**NEW AND THOUGHT PROVOKING BOOKS
FROM AROUND THE WORLD**

Contact Philip Mantle: philip.mantle@gmail.com

A RELATIONSHIP FROM BEYOND THE GRAVE

BY BOB FOUNTAIN, SPECTRAL TECH

Sometimes paranormal investigators encounter a case that would make a good movie. This is one of those cases. Recently, one of our team members, Spectral Tech's Dan Holly, got a call from an acquaintance who said they had a friend who might need our help. The friend, who I'll call Calvin, had unexplainable occurrences happening at his house that he thought were paranormal.

Because of the many hours involved assembling a team, equipment preparation, and data review, I learned many years ago to have an in-depth conversation with the client before we even commit to do an investigation. Several cases simply involved giving advice over the phone, which often resolved the problem.

After talking with Dan and getting some basic information, I gave Calvin a call to introduce ourselves and ask several pre-investigations questions.

Digging Deeper

Calvin said that he recently heard bangs and knocking on the walls of his bedroom, knocking on doors, doors opening and closing on their own, and unknown sounds coming from his bathroom and an upstairs guest room.

Upon first hearing about Calvin's experiences, I thought it could be rodents or pipes in the walls causing the noise. Air and heating vents can create unusual sounds, and knocking on doors could be caused by temperature changes as well.

Calvin's elderly mother, who lives with him, verified she also heard the activity Calvin had described. What Calvin told me next changed everything.

Calvin said the activity started soon after his girlfriend had died in a Walmart parking lot of a drug overdose. She had a drug dependency problem, which she was working through, and had recently moved in with him. He

said that she had wanted to move into the upstairs guest room, but he convinced her it was far too cold.

They had an argument the day before she died, and they were supposed to meet at Walmart on the day she died. But, they never had a chance to resolve their disagreement. And with a traumatic death, potentially unfinished business, and apparent paranormal activity possibly related to her death, we immediately scheduled an investigation.



Calvin had been hearing bangs and knocks on the walls of his bedroom, knocks on doors, doors opening and closing on their own, and unknown sounds coming from his bathroom and an upstairs guest room.

The Investigation

Our team arrived at Calvin's house on February 29, and we introduced our team members, which included Angela, Tara, Dan, and myself. We went over the paranormal claims again and were shown the areas where the activity took place.

After taking baseline EMF readings in the house, we decided to begin an EVP session in Calvin's bedroom and adjoining bathroom, where most of the activity occurs. Using three different kinds of EMF meters, we immediately started getting activity on all three meters. The hits were random and appeared to be hopping around from meter to meter.

Later, in reviewing the digital recorders, we got a female voice that said, "It's me right here," after it was mentioned that something was setting off the equipment.

We found out very quickly that the entity was willing to communicate through the K-II Meters and would light up the meters to the color we requested. When asked if it was his girlfriend, the meters went to yellow.

Calvin still had a picture of her, and we placed it on the floor by two of the K-II Meters and asked if the entity was the lady in the picture. The meters went to yellow again, as requested. During this EVP session, the lights on his ceiling fan began to flicker, and we caught a figure with the SLS camera hanging on the ceiling fan.

We captured an EVP of a female voice saying, "Come," as we were going up the stairs to the guest room. Our Ovilus "ghost box" gave the word "pose" when we got upstairs. Calvin told us that she had posed for pictures in the room. The SLS camera also captured a figure that was standing by us when we went to the guest room where she wanted to stay.

I pointed out to Calvin that if the entity was indeed the spirit of his girlfriend, he really needed to take steps to remove her from his house. Although the current activities were more focused on getting his attention, I told him that if he got into a new relationship, things might not end well.

Calvin agreed, and we went back down to his bedroom and tried to help her cross over. We asked her to visualize a door slowly opening to a bright light and to ask her spirit guides to assist her in going into the light. We later captured an EVP where we asked her if she could see the light and got a response of "yes."

After having no further activity for a while, we were hopeful that she had crossed over. But as we were packing up, we heard knocking sounds coming from the bedroom. Over the next few days, Calvin let us know that the activity increased after we left.

Conclusion

All the data we collected gave a strong indication that the entity was indeed the spirit of his former girlfriend who died tragically. Apparently, this spirit ether didn't know she had died or she simply wanted their relationship to continue. It seemed that she took up residence with Calvin in spirit rather than going into the light.

We suggested Calvin contact a priest to use religious rituals to help the spirit move on, which he did.

Hopefully, Calvin will now be able to move on with his life and his girlfriend will find the peace she could not find in life.

Update

Since the writing of this article, I received a call from Calvin telling me that the priest's cleansing worked for a few weeks, but the spirit he believes to be his girlfriend has returned.

I have connected with Memphis Ghost Investigations and Spirit Rescue. They focus on helping spirits cross over. They have been in contact with Calvin and hopefully will put this troubled spirit to rest.

As investigators, especially when it comes to concerned clients, we should never be reluctant to reach out to other teams that may have specific skills required to close an investigation. ♦



Legends Magazine - Every Town Has Its Story!



<http://burlingtonnews.net/Legends.html>

Stripping Away the Layers: Living a Less Curated, More Genuine Life

By Karen Frazier, AuthorKarenFrazier.com

I've always considered myself a pretty authentic person, but one thing I've noticed as we've been in this extreme social distancing is a stripping away of much of my remaining artifice.

We all have a persona we present to the world. It's the public mask we wear. Persona is such a common concept, it's one of Carl Jung's basic archetypes. And even those of us who strive for authenticity in our lives have created a persona that we use as a shield to protect us from those who we fear might do us harm in some way.

For most of us, our persona is self-protective. It's a function of ego energy that we feel keeps us safe from rejection and hurt at the hands of others. It appears in the clothes we wear, the way we do our hair or makeup, the things we say, the filters we apply to our photos, how we publicly respond to things, and many more aspects of self we present to others. Persona is essentially the image we curate as we try to craft how others view us. While it is self-protective, personal image curation can block us from true intimacy with our fellow traveling souls.

The longer I am away from others (and my hairdresser), however, the more I notice those layers of persona falling away. Surprise! There are gray strands in my hair, wrinkles around my eyes, and freckles on my nose. My eyebrows have a tendency to grow bushy. My nails have a proclivity to break. My emotions swing naturally. Sometimes I am sad. Sometimes I am at peace. Sometimes I am content. Sometimes I am angry. And my facial expressions and words more frequently reveal any emotion, pain, or vulnerability that I may be feeling.

I know from my own experiences in life that image curation and hiding behind the mask of persona has

allowed me to hold others at an arm's length and often blocked me from deeply intimate relationships with all but the few I've allowed in. I've always been self-protective in this way; very few make it into my inner circle where I trust them deeply enough to reveal all (or even some) of my shadows. I'm the person who smiles in public and grieves in private. And I decide which pieces of my story I choose to share and which I choose to keep private.



Although I am deeply aware of my own shadows, I am not historically someone who is comfortable with sharing them. And I don't think this makes me bad or different — we all do it. We all carefully curate our own images in order to attract others to us and keep them in our lives.

Isn't it interesting, however, that we have been driven apart by something that may push us now to wear an actual mask in public? My more superficial relationships have fallen by the wayside; but, the people I truly desire in my life and those I feel most connected to, they are still here. I find ways to connect with those who truly matter to me, and they find ways to stay connected to me. These



are the people with whom I interact without wearing a literal or figurative mask.

But in public or among those with whom I don't feel as safe, I wear an actual mask now when I go out. I wear a mask that protects and hides most of my face from others. Hidden from view when I wear a mask are many of the parts of myself I use to curate my image: my microexpressions, my smile or frown, and the visual representation of the words I speak as my mouth forms them.

The lower part of my face — especially my mouth — is what I use to mislead others when I curate my image. I hide behind my smile and facial expressions as I form my words so that no one will recognize my shadows and nobody will know if I am experiencing pain or discomfort. But my eyes and my voice — those are the things that often betray me when I am curating my image — and right now those are the only facial features others see when I wear a literal mask.

When you are no longer distracted by the expression my mouth makes, you can see instead my eyes, which are incapable of hiding how I truly feel. And instead of being distracted by the expression my face makes when I form the words I speak to you, you now must focus on my tone, and my voice almost always betrays me in terms of the true emotion behind my words. Suddenly, strangers among whom I've always maintained a layer of self-protection can only see and hear the parts of me that show who I really am.

This is no mistake. This is no accident. This is no coincidence. For, we all claim to long for intimacy and deep, meaningful relationships, but our fear and egos keep us from showing all but a very few who we truly are.

What we are experiencing right now can change the

world, or at least it can change our individual worlds if we allow it to. What many are coming to realize is that what we long for is connection. And yet, I suspect if each of you quieted the noise of distraction you are creating in your own isolation at this time, you would recognize just how deeply and powerfully you curate your own image as a means of self-protection and just how much that blocks your ability to connect with another.

Surely COVID-19 is an opportunity and a wake-up call, as The Georges have been telling us it is. And the opportunity, while it exists for all of humanity, is also deeply personal. It is the opportunity for each of us to sit with ourselves and to understand just how ingrained our own image curation is. And then, it is for each of us to decide what to do with that. How much of that curated image do we want to hold onto, and how much do we wish to allow to fall away so we can connect on an authentic level with our fellow souls?

Along with all of the opportunities that exist for a shift in humanity's energetic vibration and awareness that have come with this period in our history, there also exists an invitation to greater authenticity. We all have the opportunity to recognize how we curate our own images and whether that serves our greatest good in our genuine desire to connect with others.

And so, I sit here in my home. I am stripped bare. It is just me and my shadows. It is just me and the truth of who I am most moments of most days. Sure, I can distract myself with work, Netflix, books, classes — but I can only do it for so long to fill the hours. When the noise switches off, when the Netflix movie or Zoom meeting ends, it is once again me in the quiet with my shadows and my most decidedly uncurated image. And in those moments of quiet as I connect with my own soul, I recognize a deeper truth. I have nothing to hide, no matter who I interact with.

I have received the invitation, and I accept the call for greater authenticity and deeper connection. Because the other thing I've learned from this is that we need each other, all of us. Somewhere outside of our embodied experience, our souls are intertwined in the Oneness. And inside of the embodied human existence, we forget what the experience of Oneness feels like. So we spend our whole lives longing to return and reconnect with the Oneness while blocking ourselves from that experience at every turn because we live with the fear of betrayal, hurt, and rejection if we allow others to see who we really are.

You get to decide what you make of your experience. You get to decide whether you will continue to curate your image in order to maintain distance or if you'll share with others a more authentic experience of you. I, for one, am excited to meet each of you as we step out of the shadows and begin living less curated, more genuine lives. ♦

WHY I'M SO EXHAUSTED RIGHT NOW

By Dr. Athena Perrakis, Sage Goddess



I'm tired right now, and it's not because I'm working too hard, not getting enough downtime, or indulging enough guilty pleasures. Because, maybe like you, I am home quite a lot and resting more than I would like.

I am still working, but it's woven into my time doing everything else and the days become blurry. Kind of like December 26 when I'm never quite sure if it's still Christmas or almost New Year's. It's an in-between time — in between what was before mid-March for most of us and what will be when this is over. And we don't even know what over looks like. Yet.

Humans have rarely had to manage so much psychic overwhelm and ambiguity on a global level — not in this century. We came close on 9/11, but even then, the overwhelm likely didn't come right to your very own doorstep and threaten your personal well-being in such a tangible “breaking news” sort of way.

I think back to the Los Angeles riots. I lived here in LA

during those turbulent days and was sent home from the university. My hometown was locked down; only residents with proof of residency could enter. That seemed crazy.

Still, this seems crazier.

So, here we are, friends.

I don't have all the answers. But I can tell you I'm right here with you, breathing through and into the unknown, doing my best to be a source of comfort and to support my friends, family, and employees by managing my anxiety and transmuting the darkness as it creeps up from behind. Right now, it's exhausting — and most of what is exhausting isn't even what you're consciously aware of. What is exhausting are the behind-the-scenes thoughts of what the other side of this experience will look like.

I have kids, so I'm also managing not only my subconscious anxiety but theirs. No birthday party, no graduation. Will there be school again? Will it always be virtual? What about friends?

And then my own concerns — how do I support others when I am in the same place of not-knowing-yet as events unfold in real time? And where is my intuition in this? My gut says all will be well. But then you gut-check that sense of peace against news, against “friends” on Facebook posting all kinds of craziness that links current events to unseen forces, and you realize your brain is trying to process all of this with absolutely no schema for it, no frame of reference, no accurate precedent.

The truth is that no one knows, including the conspiracy folks. Sorry, but they do not. At best we are looking into our crystal balls and feeling into what feels right and true at this time.

The best wisdom is likely your OWN. Your gut. Your hunch. Your guiding light. I am reminded of the main message of one of my last journeys with Mother Ayahuasca last year, where she taught me “there is always another way.” No limitations, pure possibilities.

Our minds tell us what the limits are. Keep breathing into the other ways this can go for you, for us. Maybe that makes you crazy, but maybe it makes you wise. I have never followed the other people. I have never been a popular kid or gone with the status quo.

*The best wisdom is likely your
OWN. Your gut. Your hunch.
Your guiding light.*

Even now most of the parents of kids in my kids’ schools see me as an outlier. I like it that way. I am not the same. I stand out like a sore thumb. And that is in most cases because I don’t take their word for it. I don’t dance to their beat. I lean into life, dance with it, summon it, explore it. I live it and breathe it. I let go of fear a long time ago and it is not going to come back and be my roommate now. No vacancy for fear.

Following everyone else may buy you something, but it won’t buy you peace. Follow your rhythm and trust its cadence. YOU are the result of thousands of years of love, struggle, war, peace, and triumph of the human essence.

Live like it.

Quarantine like it.

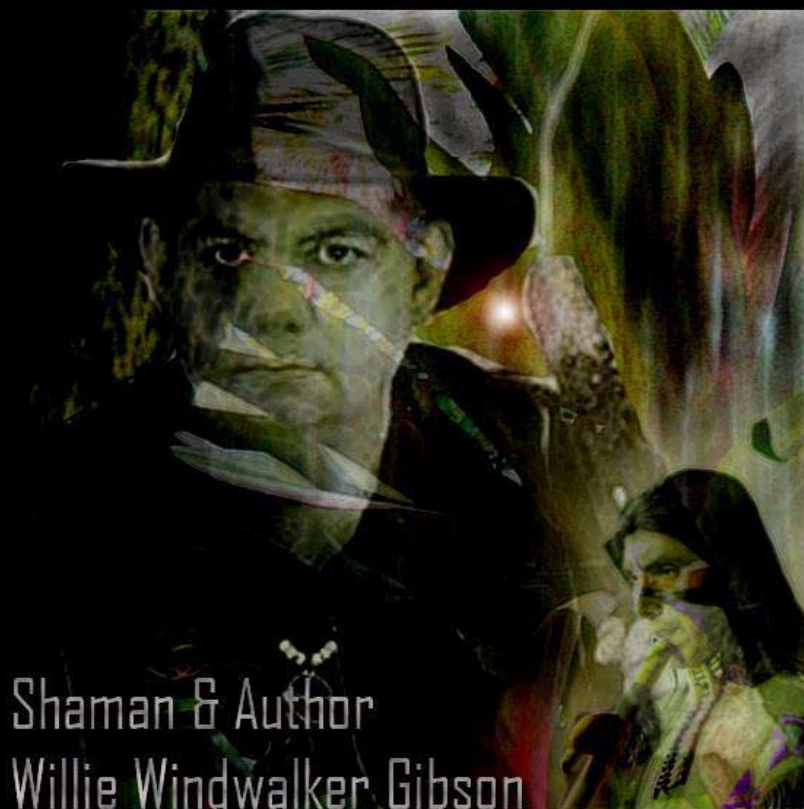
Share information like it.

Behave like it.

Model peace like it.

Embody it.

Let’s show up in our individual best wisdom as a collective force that breathes together into a future that is yet unknown. But a future in which there is always another way. Because there is, and this I know. For sure. I bet everything on it. ♦



WILLIE WINDWALKER GIBSON

**OFFERS READINGS VIA
EMAIL OR BY PHONE.**

**EMAIL FOR MORE
INFORMATION:**

CRYSTALCHIEF55@AOL.COM

[HTTPS://WWW.FACEBOOK.COM/WILLIE.GIBSON.3517](https://www.facebook.com/willie.gibson.3517)

The Raven Mocker Case

By Willie Windwalker Gibson

When I was chosen to be a shaman 40 years ago, I had no idea the kind of cases I would be running across. One such case was that of a Raven Mocker.

A Raven Mocker is a creature that is summoned by someone who has been done wrong. The Raven Mocker is the worst of the worst of a demonic force. It's a shape-shifter, just like a skinwalker, but in my opinion worse.

It was summer 2015, when I got a call from a farmer in the Fort Knox area of Kentucky. The man — I'll call him Ron — told me his he, his wife, and his kids were seeing a creature around the farm. He said the creature looked like a wolf and, at times, he could see it change into a bird.

Ron revealed that he was afraid to call me for fear I would think he was crazy. I told Ron he did the right thing. Then he asked me if I knew what he was dealing with. I told him to stay close to the house and I would come out and see if I could find out what he was seeing.

Providing Protection Against a Raven Mocker

The next day I went out to Ron's farm. I pulled up in front of the farm house, and as soon as I got out of the car, I sensed a dark energy coming from the property. I walked up to the house and knocked on the door. A man in his late 30s opened the door. It was Ron.

We went into the house, and I met Ron's wife and kids. Everyone looked scared.

We sat down to discuss what was going on, and this is what Ron told me: He had been seeing this creature for about two weeks. He also had found dead animals outside of the front door. Ron also reported that most things happened when it started to get dark. He could hear growling and smell rotten meat — like something was dead. The kids told me they saw something looking into their bedroom window one night.

I could not get a clear idea of what we were dealing with, so I told Ron that I would stay the night outside and see if I could see what this thing was. Ron said he would stay outside with me, but I suggested he stay inside with the family and go to bed like any other day.

It was about 9 p.m., so I went outside and got into my car. Ron and his family went to bed. I watched the house and the grounds. There was also a barn on the property. I had a full view of everything from my car.

Around 1 a.m., I saw something approach the house. It was walking upright, and it looked muscular. I waited until it got in front of the house, and then I turned on my high beams,



Image: Knightkamia via mythology.wikia.org

illuminating the house. The creature look directly at me. It looked horrible — like a wolf and bear mixed together. It howled at me and ran off.

I started the car and followed it as far as the woods near the farm. It then disappeared into the woods.

As I went back to the house, Ron was waiting for me. "Did you see it?" he asked me. I told him that I did.

“What was that thing?” he asked. I told him that I thought it was a Raven Mocker, and I explained to him that it was a supernatural being that was sent to him for some reason. I asked Ron if he had any issues with anyone.

Ron thought a minute and said that his kids had an issue with some of the neighbor kids and he had gone over to talk with the children’s father. During the conversation, they had words, and the man told Ron to keep his kids away from his property. I asked Ron if his neighbor was Native American. Ron thought he was.

I told Ron that it was going to be hard, but I would try to get rid of the Raven Mocker. I got my medicine bag and tar water out of my car. I went throughout the property line and surrounded the grounds with the tar water. Then I encircled the outside of the house with some blessed salt, splashed the house outside with tar water. These actions create barriers to keep out evil.

I then went inside, saged the house, and blessed the house with the tar water. I saged each member of the family, and even saged their animals. Then I asked Ron to cut a branch off of one of his trees, which he did. I placed the branch at the edge of the property and placed

*Those with ‘strong medicine’
can spot Raven Mockers and
cause them to die within
seven days.*

a dreamcatcher with my windwalker sign on it — a sign of the shaman’s protection. No one dares to defy a shaman’s protection. If they do, it will bring much bad medicine to that person. A shaman’s protection is revered throughout all native tribes.

I then told Ron his family would be fine.

One Final Step

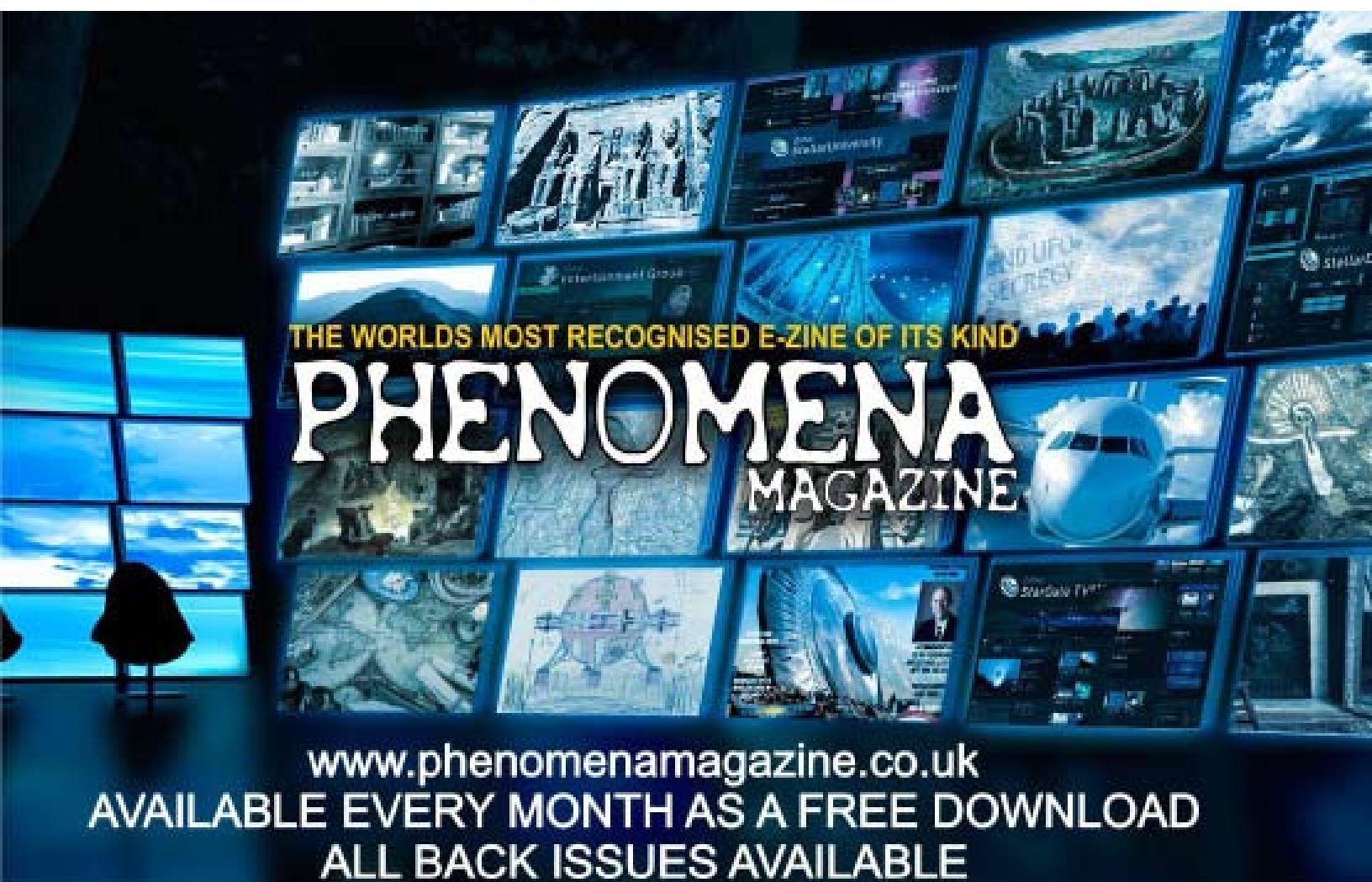
I left the property, and as I passed the neighbor’s house, I stopped and got out and got my shaman’s prayer staff, holding it above my head. A man came out of the house looked at me. The man looked to be native.

Ron’s neighbor stared at me as I held the staff above my head. This meant that I was there and I was watching. He saw that the staff incrustated with crystals and feathers, so he knew I was a shaman.

I then got in my car with my staff and left.

A few days later, I got a call from Ron. He told me that the neighbor came over and apologized. Ron said after that he had not seen the creature again.

I have found that legions sometimes do exist. Shamans respect this. However, if evil comes to visit, we’re ready to do battle. ♦



THE WORLD'S MOST RECOGNISED E-ZINE OF ITS KIND

PHENOMENA

MAGAZINE

www.phenomenamagazine.co.uk

AVAILABLE EVERY MONTH AS A FREE DOWNLOAD

ALL BACK ISSUES AVAILABLE

REALITY: What Exactly Is It?

By Maria Anna van Driel, The Next Truth

The human species has seemingly always looked up into the skies seeking answers to many questions: Who am I? Is it possible that I am not “real”? Is this moment that I’m experiencing right now real? Is this consciousness and as close as I can get to reality?

Reality is, by definition, a strange dimension.

What is reality? That is a tricky question. There are many plausible answers, and theories, that go in many different directions. But regardless of how we wrestle with the question of reality, in some enigmatic way, many people end up with a form of “Platonic realism,” which states that the “visible world of particular things is a shifting exhibition, like shadows cast on a wall by the activities of their corresponding universal ideas or forms.”

These days many scientists from all over the world are trying to wrap their minds around this question of what this foggy state of the mind is. But is it really a foggy state we seem to be stuck in? Or may we think of it as a strange kind of an overlapping of different frames of space and time where a primordial energy is forming its own density and, for us, creating recognizable objects in a classical reality?

If our current understanding of physics is correct, then it is impossible to simulate the entire Universe, with its trillions and trillions of things. But we do not actually need to. From a deep view, the vast Universe could just be a flat projection, and we would have no way of knowing it. There seems to be a possibility that we only need enough universes and high-speed rotating light particles hitting the planes with the right angle to fool the inhabitants of our simulation, or simulations, into thinking that they are real. So, who needs billions of galaxies? We only need the space to explore.

Your body might feel like it is filled with bubbly things, but it might be empty, until you open it. The

minimum requirement for our simulation is only the consciousness of the “virtual human” and for humans to “think” the simulation is real. So, is our reality or our reflection (anti-matter) being simulated?

Well, that is one hell of a challenging question! It is probably one of the deepest questions you have ever asked in your life. Although the answer is so radical that it cannot be communicated with (written) words, let me try to do so anyway.



A Question of Reality

Imagine a large mirror. As soon as we stand in front of it, we start making strange and funny faces ... we even wave to ourselves. Why do we do so? Is this an attempt for self-recognition due to the fact we cannot see our own image (face) as often as we see the images of others? Or is it more an expression based on a slight fear/shock after the bubble of a false self-image has burst and an actual self-recognition occurs?

You might wonder, “Why bother? It is just a reflection. It is not even real!”



But if the reflection of a dense object (including you and me) is an illusion, would it not mean that the original object (you and me in this case) is an illusion as well? Have you ever seen the light reflecting off a complex form of superior mirage — a Fata Morgana?

The reality of what you think you are without the mirror is, in this line of thought, an illusion also. Does this mean that as we are standing in front of a mirror we try to recognize what we really are? I mean, do we do this behavior, which can be considered as a natural reflex, to make it less complex for our brain to correct what it is registering as it is trying to combine this “visible image” with what it “thinks” itself to actually be?

Reality as we have become so familiar with is slowly starting to be a scary realm.

It seems that we are unable to experience the true nature of any object in our so-called familiar space and time (reality) in an unfiltered manner. Our senses and

brains are yet not that evolved, and they can only process a fraction of the world around us. So we have to use concepts and tools to learn about the true nature of reality. Technological progress has widened our knowledge about our reality and the Universe, as well as made us aware of unsettling possibilities in, for instance, quantum-entanglement communications.

I know that most of us are innately curious to know if there is something deeper to “reality” than what we have been told about — what our culture, science, or even what religion has explained to us. There is something you are missing and you cannot quite put your finger on what it is, but you know there has to be something more.

If I would say that reality is both infinite consciousness and infinite imagination, your mind would instantly go out to wrestle the question: “What is consciousness and how could a, or any, reality be infinite imagination?”

What I mean by reality being infinite consciousness is that when you were born, or in this line of thought, when you imagined that you were born, you had no idea what you were born into. You had no idea who you were, what you were, what the world was, what life was, or what the point of life was. You were a blank page! And then you quickly started learning “stuff,” and with rapid speed you started misunderstanding what “reality” is. Now you have to deal with these misunderstandings, which run very, very deep in your subconscious mind. So, what you consider to be “reality” might not be real at all. You really might be ... simulated by your own thoughts.

So ... you might be on a small planet speeding through eternal nothingness, or you might be a simulation inside a computer or matrix. All that we can do is hope that if we actually are simulations in a supercomputer, nobody trips over the power cable! ♦

PARANORMAL UNDERGROUND RADIO

www.ParanormalUnderground.net

Ghosts

Psychics

UFOs

Cryptids

Para TV

Spiritual



WANT TO KNOW MORE ABOUT UFOS?

How about sea serpents, haunted places, Bigfoot, or other mysterious topics?

Then you need to read
The Gate to Strange Phenomena
Each issue contains factual
paranormal articles from
around the world.

Finally get the facts!!
Mail \$2.00 for sample issue to:

The Gate
P.O. Box 43516
Cleveland, OH 44143



**VISIT PARANORMAL UNDERGROUND MAGAZINE AT
PARANORMALUNDERGROUND.NET**